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Food, Page 1C

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Granite City Journal

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VOLUME 21, NUMBER 41

WEDNESDAY, MAY 21, 1997

FIFTY CENTS

Tower issue goes back to council

Plan commission backs one proposal, turns down another

By Bob Slate
Staff writer

Maybe it is more appropriate to place telecommunication towers behind \$30,000 homes rather than \$70,000 homes. At a public hearing Thursday night, the Granite City Planning and Zoning Commission unanimously recommended that AT&T be issued a special use permit to build a 125-foot high monopole telecommunication tower just south of Terminal Avenue on property owned by Granite City Moose Lodge 972.

The 7-0 vote to approve the AT&T tower permit came about 30 minutes after the commission voted 4-3 not to approve an identical permit for Sprint, which wants to build a 100-foot monopole tower behind the Bingo Hall off of Fehling Road.

"The application meets all of the requirements of the ordinance and to deny it would provide an unfair advantage for our competitors — in violation of the federal Telecommunications Act."

— Jeff Iken
Sprint official

on the May 27 City Council agenda.

Jeff Iken of Sprint told the commission Thursday that the city allowed Ameritech and Southwestern Bell to erect towers in C-4 and C-5 districts and that his company was simply following the application process its competitors had followed.

He said the property behind the bingo hall is the only suitable city property that will allow Sprint to provide quality communication service for its customers.

"A tower at this site is absolutely necessary for quality service. The application meets all of the requirements of the ordinance and to deny it would provide an unfair advantage for our competitors — in violation of the federal Telecommunications Act," Iken said.

A Sprint engineer showed the commission computer-generated maps displaying the service coverage area if the tower is not built. (See TOWERS, Page 7A)

Plan aims to cut driving

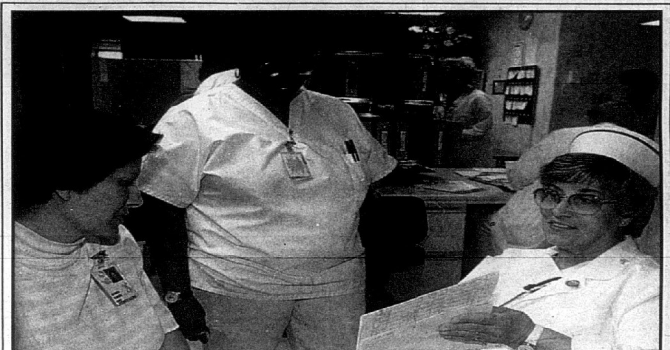
By Michelle Duell
Staff writer

The Bi-State Development Agency and the Madison County Transit District are teaming up to provide Air Quality cards as part of a program that enables card holders to ride buses and shuttles at no additional cost during "red air" days, officials said.

The cards may be used on red air days, which are forecast by the American Lung Association through local meteorologists, from May 22 through Sept. 1, said Linda Hancock, director of communications for the Bi-State Development Agency.

The card program is designed to encourage ridership on public transit, particularly on days when there are elevated ozone levels, she said. Those buying the card pay a one-time fee for the card and then ride for free.

"A major contributor to high ozone levels is automobile emissions," Hancock said. (See DRIVING, Page 7A)



(Staff photo by JOHN FRESE)
Florence Kuehl, right, reviews patient records at St. Elizabeth Medical Center with therapeutic recreation specialist Karen Gauen, left, and nurse's assistant Mildred Crawford.

Volunteer of the Year

Nurse honored for work at children's camp

By Michelle Duell
Staff writer

Florence Kuehl, known as "Nurse Flo" to campers at an epilepsy camp for children, recently won the Volunteer of the Year Award in San Francisco at a convention of the Epilepsy Foundation of America.

Kuehl, 62, of Granite City, received the national award for her volunteer efforts at Camp Roehr, a camp at Pere Marquette in Grafton for epileptic children that is

sponsored by the Epilepsy Association of Southwestern Illinois. "Nurse Flo is an example of an exceptional citizen, neighbor and friend," said Cindy Freeman, program manager and camp director for the association. "She is devoted to the wellness of others, which is demonstrated by her lifelong work as a nurse."

Kuehl has volunteered at Camp Roehr for eight years. She said she became interested (See VOLUNTEER, Page 10A)

Schools target parents

By Bob Slate
Staff writer

Student performance is directly proportional to parental participation in their children's education, studies have shown.

And the Granite City School District and Target stores are teaming up to make parental involvement in a child's education easier.

The school district is applying for participation in "Target School Connection" and Target's "Take Charge of Education" programs. The school board last week unanimously approved enrolling the district in the programs.

Target School Connection is a free 24-hour interactive voice message service that connects parents with teachers at their children's school. Parents may call the hot line any time of (See PARENTS, Page 6A)



(Staff photo by JOHN FRESE)
Reunion — Bill Lester of Keller, Texas, looks over a scrapbook from his service in the U.S. Army Air Corps during World War II while John Graville welcomes other members of the B-24 bomber crew to his home in Madison for a reunion. Story, more photos on Page 3A.

In the Journal

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5 DAY FORECAST
John Fuller, Meteorologist KSDK NewsChannel 5

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NEWS



(Staff photo by JOHN FRESE)

Honored — Federal Judge Paul Riley, left, accepts an engraved memorial platter from Walter Milton, the chairman of the Tri-Cities Area Chamber of Commerce's Crime Prevention and Awareness Committee during the 11th Annual Law Enforcement Recognition Dinner.

50 years with God

Archpriest celebrates half century of service

By Gary Voegtle
Correspondent

It's a special occasion when a person is able to celebrate his 80th birthday.

For the Right Rev. Archpriest Kiri Antonoff, May 24 holds an even greater significance. On that date, Antonoff celebrates 50 years of serving God and his fellow man as a priest of the Holy Orthodox Church.

His life is a tapestry of love and service. Born in Istanbul, Turkey, in 1917, his father died six months later. At the age of 6, he became an altar boy.

In 1936, he enlisted in the Turkish Army. Despite persecution from Muslims, he persevered until his honorable discharge in 1938.

In 1942, he was asked by Bishop Andre to prepare for the priesthood. Though he was courted by the opera to sing, he decided to serve God. On Aug. 28, 1944, he was ordained a deacon, and immediately organized a food pantry for the needy.

In 1945, Deacon Antonoff played an integral part in the lifting of the schism and reuniting of the Bulgarian Orthodox Church and the Ecumenical Patriarchate. In 1947, Deacon Antonoff was ordained into the holy priesthood, and became the parish priest of Holy Trinity Bulgarian Orthodox Church in Madison.

Under Antonoff's pastoral leadership, the Sisterhood was organized to help the Church

of Sunday School. He organized a Bulgarian school for children, reorganized the church choir and assembled a junior choir.

Antonoff also established a chaplaincy program in Ft. Leonard Wood, Mo., where he erected a chapel and served as chaplain for seven years. In 1960, he was elevated to the order of Archpriest.

Due to differing opinions between church and politics, Antonoff resigned his post as parish priest of Holy Trinity Church in 1964 and was accepted as parish priest of Holy Ghost.

Macedono-Bulgarian Church in Youngstown, Ohio. During his 23 years there, he also ministered to the spiritual needs of those in other cities such as Pittsburgh, Pa., Buffalo, N.Y., and Dayton, Cincinnati and Columbus, Ohio. He would drive anywhere to serve, such as driving cancer-stricken elderly to New York for treatment.

Once a year he would take the altar boys to an amusement park.

In 1970, Antonoff was elevated to the status of Cross-bearing Archpriest. In 1975, he was instrumental in organizing and serving as chaplain of the St. Basil's Workers, a prayer group and charitable organization that visited hospitals every Tuesday to pray with the sick. He hosted a radio program, "The Word and Viewpoint," in Youngstown on behalf of the Eastern Orthodox Clergy

Association.

He also established the Orthodox chaplaincy at St. Elizabeth Medical Center in Youngstown, serving as chaplain until his retirement in September 1987. In October 1987, he and his wife, Popadka Malinka moved to Belleville to be near their daughter and son-in-law and four grandchildren.

Antonoff is now in what would be called a "working retirement." In addition to taking care of his wife, every Sunday he ministers in some parish, filling in for priests who are ill or out of town. Now, as throughout his career, he is there for people of all faiths.

Antonoff also remains attached to Sts. Cyril & Methody Orthodox Church in Granite City, which he was instrumental in establishing in 1979. There will be services, a banquet and dance in Granite City May 24 and 25 commemorating his 50th anniversary.

Vespers will be at 5 p.m. Saturday at Sts. Cyril & Methody on Maryville Road, followed by a reception. Hierarchical divine liturgy with His Eminence Archbishop Kyrill will be at the church at 10 a.m. Sunday, followed by a banquet at 1 p.m. at St. Gregory Armenian Hall.

NAACP president plans to resign by fall

James Gray cites lack of support, criticism

ALTON — James Gray, outspoken president of the Alton branch of the NAACP for seven years, said he will resign by autumn.

"There has been a lack of support among some parts of the black community for the NAACP," Gray said Sunday.

"Critics have been focusing on me, when I'm just focusing on the mandates of the NAACP mission."

The 61-year-old local leader of the National Association for the Advancement of Colored People said he is proud of his accomplishments, but he also criticized the Alton community for not completely accepting the chapter.

Gray said his resignation has nothing to do with his recent public clash with L.D. Chesnut, chairman of the Alton Housing Authority. A heated exchange between the two at an authority meeting made headlines.

But Gray said the incident showed that some people were more focused on his personality than the chapter's work.

Gray announced his plan to resign at the close of the chapter's 29th Annual Freedom Fund Banquet Saturday night.

"I will be leaving, but not immediately," Gray said Sunday.

"I have three things on my agenda, three complaints that I'm working on, that I want to see through before I leave."

Gray cited the following changes that he hoped bring about:

- Redrawing of the city's ward map to allow more representation by blacks.
- City recitation of the Martin Luther King Jr. holiday and naming of Martin Luther King Drive.

- Helping to force the fire department to pay overtime to a black employee.
- Improving the numbers of blacks in city departments and in the school district.

- Recognition by the NAACP in 1995 as the top chapter and top chapter president in the nation.

Opening of the first-ever headquarters office for the chapter at 731 Silver St.

However, Gray lamented the fact that wide-

"I love this job. My satisfaction comes from seeing the relief in someone's face when I've been able to help them."

— James Gray

spread community support for his goals had never crystallized.

He said one of the biggest problems facing the black community is deterioration of housing stock in the inner city.

Money from the federal government's Community Development Block Grant program is being spent on inappropriate projects, such as new fire houses when it should be spent in low-income communities, Gray said.

"CDBG money is not going to black communities as it should," Gray said.

Support from more people in the black community would help resolve such injustices, he said.

Gray is in his fourth, two-year term as president, which is a volunteer position. He is retired from his career at the Wood River Amoco plant, where he became the first black president of Local 7-776 of the Oil, Chemical & Atomic Workers International Union.

"I love this job. My satisfaction comes from seeing the relief in someone's face when I've been able to help them."

He said he plans to stay in the Alton area and remain active in the community. He did not rule out a move into politics.

If Gray leaves in the fall as planned, his predecessor will fill one year of his unexpired term before a new election.

Under NAACP chapter guidelines, the first vice president of the chapter takes over if the president leaves.

— From The Telegraph

I-55/70 lanes to be closed at Illinois 162

The Illinois Department of Transportation announced that the southbound lanes of Interstate 55/70 at Illinois 162 in Troy will be closed at times during daylight hours through May 22 weather permitting.

These closures are necessary to safely replace damaged beams on the Illinois 162 structure.

The closures could last up to 15 minutes, which could result in 30-minute delays. Motorists are encouraged to use alternate routes if possible. Traffic control devices will be in place to assist the motorists.

This work is being performed by Thiens Construction Co. Inc. of Edwardsville.

CORRECTION

Granite City Funeral Director Bob Thomas' license was not suspended nor did he have to pay a \$6,000 fine, as reported in the May 15 Press-Record.

The suspension and fine, recommended by the Illinois Department of Professional Regulation after a hearing in October 1990, were overturned on judicial review of the case, Thomas said.

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WWV

Five ve of bon

By Michelle I Staff writer

For the first years, five veterans who bombing missions reunited recently share their ex the war and to comrade of "There are explain it," sa Hugh Hassell Ore, who was express his fee seeing his fello buddies. "You close because on each other were assigned wouldn't come Hassell said oldest one of t flew in a B-29 missions from base to Japan. The crew's g railroads and a height of 20, The crew be 13th Air Corps group, 72nd Sq. "We first me Nab, in Janua remember the 72-year-old Jos who lives in P took our overs together at Mo Idaho."

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WW II reunion

Five vets share memories of bombing missions

By Michelle Duell
Staff writer

For the first time in 52 years, five World War II veterans who flew together on bombing missions over Japan reunited recently in Madison to share their experiences since the war and to share again the camaraderie of being together.

"There are no words to explain it," said 80-year-old Hugh Hassell of Springfield, Ore., who was trying to express his feelings about seeing his fellow flight buddies. "You had to be pretty close because you all depended on each other to do the job you were assigned to do — or you wouldn't come back alive."

Hassell said he was the oldest one of the crew that flew in a B-24 on bombing missions from their Philippine base to Japan.

The crew's goal was to bomb railroads and bridges from a height of 20,000 feet, he said. The crew belonged to the 13th Air Corps, 5th bomb group, 72nd Squadron.

"We first met in Lincoln, Neb., in January — I can't remember the year," said 72-year-old Joseph Fellner, who lives in Pittsburg. "We took our overseas training together at Mountain Home in Idaho."

After the training was completed, "it was my job to protect the belly of the plane at a 360-degree turn," Fellner said, adding, "I was the ball turret gunner."

"It (the turret) had 50-caliber machine guns," he said. "We couldn't wear our parachutes in the ball turret because it was so small. If something had happened, they would have had to crank me up into the plane, or I was dead."

To get positioned for action, the waist gunners would "retract me in and out of the plane using hydraulics," Fellner said.

Fellner was 18 years old at that time, he said. "I was young and didn't care one way

"There are no words to explain it. You had to be pretty close because you all depended on each other to do the job you were assigned to do — or you wouldn't come back alive."

— Hugh Hassell

or the other about what would happen."

However, the experience did lend itself to fear, said Bill Lester, 75, of Keller, Texas. Lester was the tail turret gunner.

"If you weren't scared, you were ignorant," Lester said, adding the Air Corps put him in the tail turret because of his size. "You had to be little to fit in a ball turret."

Lester was 24 when he began flying on bombing missions with his buddies.

"It's funny the things you remember," he said.

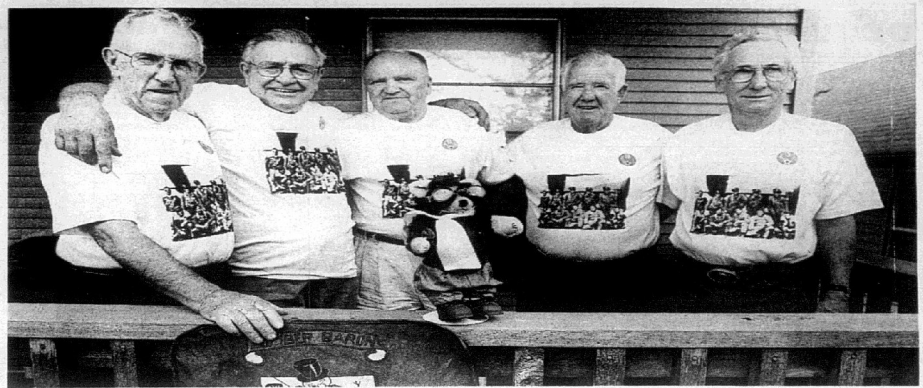
The flights to and from Japan took about 16 hours, and the crew ate frozen sandwiches during the trip, Lester said.

"We had a five-pound can of Spam and two loaves of bread," he said. "It was 30 degrees up there (in the air)."

You opened the can with a knife and had to suck on the Spam to melt it. I haven't eaten Spam since."

"On a more serious note," he said, "it was my job to hang out of the plane and make sure the dog was down when we were landing, or the wheels would collapse. You couldn't see a thing. I never knew whether it was down or not. It was always raining or dark."

Dolph Hoyt, 78, of Los Angeles, was the pilot. An



Members of the B-24 bomber crew who gathered for a reunion in Madison are, from left, Hugh Hassell of Springfield, Ore., John Graville of Madison, Joseph Fellner of Pittsburgh, Dolph Hoyt of Los Angeles and Bill Lester of Keller, Texas. (Staff photo by JOHN FRESSE)

experience he said he would never forget involved picking up prisoners from Japan four or five days after the war ended.

"All the Japanese bombers had been called back to Japan in anticipation of an invasion," Hoyt said. "We flew the plane from Clark Field to Okinawa and brought back Australian and Japanese prisoners."

"Johnny Graville was a key member of the crew, because we depended on him," Hoyt said. "He pre-flighted the air plane and was responsible for transferring fuel. He was an excellent gunner, as well as being crew engineer."

The crew held their reunion at the home John Graville, 78, of Madison.

"As flight engineer, I was the boss," Graville said. "When the plane ran into trouble, these guys listened to me."

"Our name was the Bomber Barons," he added.

Said Hoyt, "We were separated at Clark Field in the Philippines in November 1945."

Clark Field no longer exists, he said.

"It recently was covered by a volcano."



Dolph Hoyt points out some of the routes he and his crew flew on missions with the 72nd squadron of the 13th Air Force's Fifth Bomb Group in the Pacific while reminiscing with Joseph Fuller and Hugh Hassell.

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NEWS

OBITUARIES

Deckard, Trisha L.

TRISHA L. DECKARD, 20, of Pontoon Beach died at 7:50 p.m. Tuesday, May 13, 1997, at Barnes Hospital in St. Louis following a three-week illness. Born Aug. 13, 1976, in Granite City, she was a lifelong resident of Pontoon Beach.

Ms. Deckard, a student, attended special education schools in Granite City, Wood River and Alton. She was of the Protestant faith. Survivors include her parents, Robert "Bob" and Marilyn "Jean" (Murphy) Deckard of Pontoon Beach; one brother, Timothy Deckard of Mitchell; one sister, Gina Deckard of Granite City; two grandmothers, Virginia Avara of Granite City and Annabel Murphy of Mitchell; and her paternal grandparents, Kenneth and Irene Deckard of Madison.

She was preceded in death by one grandmother, Marjorie Moses; and one grandfather, Frank Murphy. Services were held Friday, May 16, at Werner Chapel for Funerals, 3939 Lake Drive, Pontoon Beach, with the Rev. Greg Dickerman officiating. Burial was in St. John's Cemetery.

Memorials are suggested to the Special Olympics or William M. BeDel Achievement (ARO), 400 S. Main, Wood River.

Polach, Frank J. Sr.

FRANK J. POLACH SR., 46, of Granite City died at 3:57 a.m. Friday, May 16, 1997, in Granite City. He was born Dec. 10, 1950, in Granite City and had been a lifelong resident.

Mr. Polach formerly worked at A.O. Smith Corporation in Granite City. He was a U.S. Army veteran. Survivors include his wife, Terry A. (Elkins) Polach, whom he married Jan. 7, 1972; his par-

ents, Frank V. and Martha B. (King) Polach of Granite City; one son, Frank J. Polach Jr. of Madison; two daughters, Sherry M. and Shelly K. Polach, both of Granite City; two brothers, Robert Polach of Jerseyville and Henry Polach of Granite City; one sister, Barbara Edwards of Granite City; and three grandchildren.

He was preceded in death by one sister, Sandra K. Poligh. Graveside services were held Monday, May 19, at Buck Road Cemetery, Route 162, Edwardsville. Arrangements were handled by Irwin Chapel, 3960 Maryville, Granite City.

Copeland, Nora L.

NORA L. (RICHMOND) COPELAND, 85, of Granite City died at 9:27 p.m. Saturday, May 17, 1997, at St. Joseph Hospital in Highland. She was born Jan. 6, 1912, in Tavern, Mo.

Mrs. Copeland retired in 1974 from International Shoe after 22 years as an accounting clerk. She was a member of Calvary Baptist Church, Royal Neighbors of America and AARP.

Survivors include one son, Robert Copeland of Livingston; one brother, D.C. Richmond of Rolla, Mo.; five grandchildren and nine great-grandchildren.

She was preceded in death by her husband, Emil Copeland, who died Nov. 11, 1989; her parents, Isaac and Grace (Irvin) Richmond; and two brothers, Jack and Mitchell Richmond.

Services were held Tuesday, May 20, at Irwin Chapel, 3960 Maryville Road, with the Rev. Alan Redfern officiating. Burial was in Calvary Cemetery, Glen Carbon.

Memorials are suggested to Calvary Baptist Church, 30th and Washington, Granite City.

Johnson, Denelda

"MARLENE" DENELDA "MARLENA" (GREEK) JOHNSON, 58, of Granite City died at 2:30 p.m. Sunday, May 17, 1997, at her residence. She was born July 8, 1938, in Epperson, Tenn.

Mrs. Johnson was currently employed as deputy assessor at the Granite City Township office, where she had worked for the past 11 years. She was a member Women's

Eagles Auxiliary 1126 and of the Baptist faith.

Survivors include her husband, Bill Johnson, whom she married Aug. 29, 1956; one daughter, Kim Pritchard of Granite City; two sons, Kenny Johnson and Phillip Johnson, both of Granite City; one brother, Jack Creek of Coker Creek, Tenn.; one sister, Pat Phillips of Tellico Plains, Tenn.; and four grandchildren.

She was preceded in death by her parents, Daris and Opal (Dalton) Creek; three brothers, Don, Steve and Perry Joe Creek; and one sister, Joy Talant.

Services were held Tuesday, May 20, at Irwin Chapel, 3960 Maryville Road, Granite City, with the Rev. Alan Redfern officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are suggested to the American Heart or Lung Association.

Donations for noon meals are \$2. Call a day ahead for reservation, 877-4373.

Wednesday, May 28
Barbecue chicken, Delmonico potatoes, Scandinavian vegetables, wheat bread, tropical fruit.

Thursday, May 29

Pork chop w/gravy, whole potatoes, zucchini tomatoes, wheat bread, peaches.

Friday, May 30
Fried fish fillet, baked potato, three bean salad, wheat bread, oatmeal cookies.

Monday, June 2

Jumbo frank, baked beans, parsley potatoes, bun, raspberry sherbet.

Tuesday, June 3
Beef ravioli with tomato sauce, tossed salad, Italian vegetables, wheat bread, gelatin with fruit.

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Shimkus featured in magazine article

John Shimkus is getting some national recognition—not for his new term in the U.S. House of Representatives, but for his priority to be a good father.

In the June issue of Good Housekeeping, the Collinsville Republican is among several congressmen featured in an article about juggling politics and long-distance family responsibilities.

The magazine already is available at newsstands.

"I am very proud to be both a congressman and a dad. This is a great way to let the American people know that their representatives are real people, with real lives and real families. We face the same issues as any other family: time constraints, child care issues and making time to participate in school-related activities," Shimkus said.

In the article entitled, "Dad Went Up to Capitol Hill... and the Kids Came Turning After," author Susan Crabtree mentions how Shimkus campaigned on a balanced-budget theme, saying his 2-year-old owed \$187,000 on the national debt when he was born.

He also made references to

his sons' future educations. Shimkus and his wife, Karen, are the parents of David and Joshua, 2.

The Shimkus family retained their home in Collinsville after Shimkus was elected last November. They rent a one-bedroom apartment in Washington, D.C.

Shimkus flies home on weekends and calls his sons every night at bedtime, and the family flies to Washington once a month, the article states.

When he was Madison County treasurer, Shimkus often would push infant David in his stroller in local parades.

Shimkus also held his sons while being sworn in last January as a U.S. representative. Last weekend, the entire Shimkus family drove to Godfrey so John could participate in the Bucket Brigade, a community-wide project in which volunteers paint the homes of the poor and elderly.

The family then progressed to another event in Jerseyville that afternoon.

"People who know us know we keep the family together as much as we can," Shimkus said.

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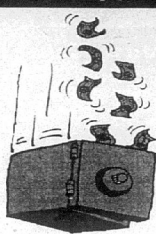
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Suburban Journals - Illinois Division 344-3611

POLICE BEAT

The following are among incidents reported recently to area police departments.

Thefts

• Charles Edward Hutchinson Jr., 33, of the 1200 block of Kirkpatrick Homes, was arrested at 3 p.m. May 12 on a felony warrant charging him with retail theft, subsequent offense. Kmart is listed as the victim on a police booking sheet.

• Jonathon M. Chaney, 31, of Belleville was arrested at 7:43 p.m. May 9 on a felony warrant charging him with retail theft, subsequent offense. Farm Fresh was listed as the victim on a police booking sheet.

DUIs

• Phillip Lance Callis, 29, formerly of Norwich, N.Y., but currently living in the 2300 block of Washington Avenue, was arrested at 10:32 a.m. May 16 and charged with driving under the influence of alcohol. Police pulled over Callis' maroon 1995 Ford Bronco at the intersection of Madison Avenue and 23rd Street, according to a police report.

Callis took a breath analysis test and was charged, police said.

Warrant arrests

• Robert Alan Harsh, 30, of the 2100 block of Dewey Avenue, was arrested May 9 on a felony warrant charging him with unlawful possession of cannabis with the intent to sell it and unlawful possession of a controlled substance with the intent to sell it. Bond on the warrant is \$50,000.

Police reported finding more than 30 but less than 500 grams of cannabis and less than 15 grams of a substance containing cocaine during a search of Harsh's former residence on Illinois Avenue Oct. 24.

• Joann Yvonne Watson, 24, of the Lee Wright Homes in Venice, was arrested at 12:36 a.m. May 13 on a St. Clair County felony warrant charging her with aggravated assault with a deadly weapon.

• Frederick Hilton Ray, 26, of St. Louis, was arrested at 8:23 a.m. May 10 on a felony warrant charging him with unlawful possession of a controlled substance.

• David Marsala, 37, of the 2700 block of Saratoga Drive, was arrested at 1:04 a.m. May 15 on a felony warrant charging him with unlawful possession of a controlled substance.

Drugs

Aerobics classes offered

Providence Wellness Center's Aerobics classes are beginning again soon.

Classes offered include:
• Steppin' Low - Monday, Wednesday - 7 to 8 p.m.; Friday - 6:30 to 7:30 p.m.
• Steppin' High - Tuesday, Thursday - 7 to 8 p.m.; Friday - 6:30 to 7:30 p.m.
• Aerobics Mix - Monday, Wednesday, Thursday - 5 to 6 p.m.

• Fitness Over Fifty - Monday, Wednesday, Friday - 9:30 to 10:30 a.m. OR Tuesday, Thursday - 10:30 to 11:30 a.m.
Upcoming dates for trial weeks and regular sessions:
Monday, May 26 - Trial week for Steppin' Low begins - 7 to 8 p.m. and Fitness Over Fifty (M.W.F.) - 9:30 to 10:30 a.m. 8 week session begins June 2nd
Tuesday, June 3 - Trial week for Steppin' High begins - 7 to 8 p.m. 8 week session begins June 16th
Monday, June 16 - Trial week for Aerobics Mix begins - 5 to 6 p.m. 8 week session begins June 23rd
Tuesday, June 17 - Trial week for Fitness Over Fifty (T.Th) begins - 10:30 to 11:30 a.m. 8 week session begins June 24th

For more information about Providence Wellness Center's Aerobics programs, please call 798-3935.

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Tuesday, Thursday, Friday & Saturday...9 to 5
Sunday...CLOSED

BRANCH LIBRARY • 2145 Johnson Rd. • 452-6244
Tuesday...12:30 to 9
Wednesday thru Saturday...9 to 5:30
Sunday & Monday...CLOSED

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NEWS

Students learn about alcohol effect

On April 28, 32 students and adults from across Madison County attended the Statewide Youth Forum in Springfield with more than 100 other teenagers who are concerned about the impact of alcohol on their lives.

The Illinois State Youth Forum was sponsored by Illinois State Treasurer Judy Baar Topinka, the Illinois Drug Education Alliance, the Illinois Department of Alcoholism and Substance Abuse, the Illinois Department of Transportation, Division of Traffic Safety, the State Board of Education, and the Illinois National Guard.

The youths met earlier at local forums to discuss alcohol-related problems in their respective communities. The first Madison County Youth Forum was held on February 27, 1997 at SIUE.

Individuals and schools attending the forum included: Roxana High School, Dan Morgan and Dawna Bunt; Edwardsville High School, Jared Shields, Amy Wathern, Kim Huels, and Jodi Henderson; East Alton-Wood River High School, Laura Richardson, Carrie Tumelson, Dharvin Mairuria, and Keith Kimmer; Venice High School, Nakisha Gambrell, Darrell Jackson, and Victoria McGeen; Civic Memorial High School, Jared Calaway, Linda Anderson, and Kim Muir.

Collinsville High School, Chris Poncelot, Shane Richardson, Gene Shaeffer, and Peggy Lemons; Alton High School, Sherrie Wiedenfeld, Jackie Cole, Yvonne Gajer and Laura Munson; Triad High School, Jen Scovitch, Tod Stephens, and Dale Saur; County leaders, Amy J. Yeager and Jean Schram, Piassa Prevention, A Division of Chestnut Health Systems; Julie Elemdorf, Madison County DUI Task Force; and Harold Scheibal, Madison County Regional Office of Education; Regional leader, Karl Borchers, InTouch PSA 16.

•Parents—

(Continued from Page 1A)

day or night to get information about their children's homework assignments, school events or other information. Parents can also leave private messages for teachers about their child's performance.

"The advantages of Target School Connection are twofold," said School Superintendent Steve Balen. "It will foster frequent communication among parents, students and teachers, and it will improve students' performance in school. Research indicates that the more parents are involved in a child's education, the better the child performs, which in turn translates into better grades, attitudes and test scores."

While teachers often send home weekly newsletters about classroom activities, the two-way telephone system allows parents to take a proactive role in their children's education and can save teachers time because they won't have to respond individually to frequently asked questions, Balen said.

Teachers can update and access their messages from any touch tone telephone — they do not have to be at school to access the system.

There is no cost involved in implementing the system because it works with existing telephone lines and equipment, Balen said.

Target School Connection also provides free training for teachers and a free, menu-based telephone system customized for each school.

Target's "Take Charge of Education" program includes a number of additional services, including:

- School fund-raising — one percent of all Target Guest Card purchases are automatically donated to the school of the customer's choice;
- Scholarships — to high school seniors who are committed to community service, education and family involvement; and to teachers for continuing education;
- Grants — to art organizations to better help students appreciate art and music;
- EarthSavers — environmental education club for kids who care about the Earth;
- Volunteerism — the "Good Neighbor Volunteer" program in which full- and part-time Target team members interact with students in mentoring and tutoring, coordinating educational speakers and presentations, and providing school supplies and clothing for children in need; and
- School uniforms — Target is the nation's largest traditional retailer of school uniforms.



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Styles may vary by store.



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ROADMASTER PLATINUM 26" BIKE. Reg. 89.99. 12-sp. bike with Shimano shifting. Men's or ladies' 15% off all other bikes for the family, reg. \$20-199.99, sale \$17-169.99. Professional assembly with 25-26" wheels. All other bikes require assembly. No rain checks.



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Choose from your favorite artists on CDs or tapes.



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30X60" STRIPED BODY WRAPS OR JACQUARD BEACH TOWELS.
Reg. 4.50-5.99. 30% off all other beach towels and body wraps, reg. 5.99-15.99, sale 4.20-11.89.



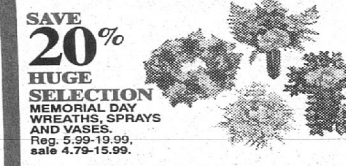
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AMERICAN FLAG KIT.
Reg. 9.99.
Kit includes 3x5' U.S. flag, 6' flag pole, mounting bracket, hardware and eagle ornament.



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HUGE SELECTION MEMORIAL DAY WREATHS, SPRAYS AND VASES.
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YOUR CHOICE LIVE PLANTS:
10" HIBISCUS, MINI ROSE OR CALADIUM.



SALE 2 for 4.98 12-PK. SODA. Coca-Cola Classic, Diet Coke, Caffeine-Free Coke or Sprite.	SAVE 20% SUNTAN OILS AND LOTIONS. Sale 7.99-7.99.	ONLY 96¢ FRUIT STAND 6-PK. DRINKS. 9-oz. resealable bottles. In 3 delicious flavors.	SALE 2.99 OFF INSECT REPELLENT. 6-oz. Deep Woods, regular or Skintastic repellents.
SALE 4 for \$3 YOUR CHOICE HUNTS 24-OZ. KETCHUP, 16-OZ. DILL CHIPS OR 10-OZ. SWEET RELISH. 15-oz. pork and beans, sale 3 for \$1.	SALE 4.99 OFFYARD AND DECK CANDLE OR TWIN-PK. GLASS CITRONELLA CANDLES.	SALE 2 for \$5 PLANTERS NUTS. 11.5-oz. mixed nuts or 9.5-oz. cashew halves.	ONLY 2 for \$5 FRITO-LAY. Ruffles 14-oz. varieties or Doritos 14.5-oz.
SALE 2 for \$6 CORONET 6-ROLL PK. PAPER TOWELS.	SALE 74¢ 50% OFF 100-CT. 9" PAPER PLATES. Mardi Gras 120-ct. napkins, sale 79¢.	SALE 4.99 ENERGIZER AA OR AAA 8-PK. Energizer C or D 4-pk. or 9V 2-pk., sale 4.29. Energizer AA 12-pk., only 7.99.	SALE 17.99 POLAROID 2-PK. 600 PLUS. 20-exposure film 600 cameras.

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\$20 off
Any Aluminum, Wrought Iron Or Wood Patio Set.

Present at register. Limit 1 coupon per household. No photocopies. Not valid with any other offer. While quantities last. Coupon valid 5/22-5/26/97.

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MEMORIAL DAY SALE!

Summer Kick-Off Savings & Values.

Adopt-a-pet Saturday

Madison County Humane Society is holding an adopt-a-pet day from noon to 4 p.m. Saturday, May 24, at PetMart in O'Fallon.

Puppies, dogs, kittens and cats are available for adoption. The cost of adopting a dog is \$60 and includes a rabies shot, DRLPP, collar, leash, id tag and \$15 spay/neuter deposit.

Cat adoptions are \$40 and include FVRCP shots, collar, id tag and \$15 spay/neuter deposit.

Purebreds and declawed cats are available. For more information, call the Madison County Humane Society at 656-4405.

•Towers

(Continued from Page 1A)

But several residents of the Lueders Park Estates subdivision, located about 300 feet from the proposed Sprint tower, expressed concern about a decrease in their property value because of aggravating existing drainage problems, aesthetics, and safety. They suggested that another location would be more suitable.

Judine Lux, a nearby resident, expressed concern about the height and safety of the proposed tower. The number of towers that will eventually be erected in the city, and the city's previous approval of similar towers in other locations for Ameritech and Southwestern Bell.

"If I allow a tower on one corner, do I have to allow one on every corner?" Lux asked in response to Iken's assertion that denying Sprint a permit would create an unfair advantage for its competitors.

Joe Ribbing, who also lives in Lueders Park Estates and is a former member of the Planning and Zoning Commission, cited 16 reasons — ranging from stormwater management issues to the potential impact on property values — why he thinks the permit should be denied.

"Do we have to shoot ourselves in the foot more than once?" asked Ralph Elliott, also a resident of Lueders Park.

"I think we have chewed around the cow enough times where we need to eat," Elliott said of the seven months of hearings on the issue.

Iken said there is virtually no chance of the pole ever failing. He said that poles were the only things left standing in Florida after Hurricane Andrew swept through several years ago.

Planning and Zoning Commissioner Dennis Ross, who made a motion that the Sprint application be approved, said the proposed towers are similar to utility poles and sewer manholes in that they are undesirable, but necessary to provide service.

"We all want our telephones, we all want our toilets, we all want our electricity," Ross said. "I don't see how he recently sold property he owned near Maryville Road, and that the tower did not have an impact on the selling price."

But a majority of the commissioner disagreed with Ross and voted to deny the permit.

Because it takes at least six votes from the commission to make an official recommendation to the City Council, there will be no recommendation on the Sprint application, said commission Chairman Brad Evenson.

There were no objectors to the AT&T application present. About 15 members of the Moose Lodge attended to express their support for AT&T's permit.

•Driving —

(Continued from Page 1A)

sions," Hancock said. The AQ Card contributes to clean air by serving as an incentive to regional citizens to use Bi-State buses and MetroLink to reduce single occupant vehicles and subsequently pollution, said Jerry Kane, managing director of the Madison County Transit District.

The cards are available from the Bi-State Agency for Commuter Service, which is a shuttle service; Laidlaw Transit; and the shuttles for Hartford and Bellhelo, Kane said.

AQ Card order forms also are available on Bi-State buses, Bi-State facilities and any Blockbuster video rental store, Hancock said.

"Last year, over 10,000 commuters registered to participate in the program and purchased the AQ Card for only \$1," Hancock said.

Kane said another program called Ride Finders matches people for carpools and covers the Metro East and St. Louis area.

For information about Ride Finders, call 1-800-VIP RIDE, or 1-800-7433.

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25% off outdoor games, reg. 1.49-39.99, sale 1.11-29.99.
While quantities last. No rain checks.

SALE 84⁹⁹
RICHMOND SWING SET.
Reg. 119.99. With Sale T Touch chain covers, 2 contour swings, glide ride and plastic slide.
Not available in Koster, Pulaski, or Peterson stores.
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STAMPEDE STEAKS,
JUST 3.55 PER LB.
Six 6-oz. boneless strips, about 1.34 per steak.
Four 9-oz. T-bones, about \$2 per steak.
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Not available in Koster, Pulaski, Peterson or North Elston Stores.

SPECIAL PURCHASE 9⁹⁹

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Styles and colors may vary by store.



SALE 219⁹⁹

JUMPING 12' TRAMPOLINE.
Reg. 269.99.
Adult supervision recommended.
Not available in Koster, Pulaski, or Peterson stores.
25% off all outdoor games, sale 1.11-29.99.



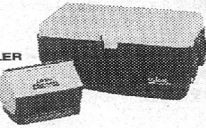
ONLY 69⁹⁹

WEBER 22" CHARCOAL GRILL.
Porcelain enamel rust-free finish. Huge capacity.
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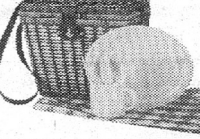
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54-QT. IGLOO COOLER WITH FREE LITTLE PLAYMATE.
Reg. 22.99.
A \$10 value. In blue only.



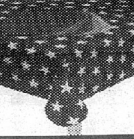
SALE 14⁹⁹

PICNIC BASKET.
Reg. 19.99.
Includes 20-pc. serveware and tablecloth.



SALE 2 for \$6

OUTDOOR VINYL TABLECLOTH.
Reg. 3.99.
62"x96" oblong, 60" or 70" round with umbrella hole.
Waffle sponge style placemats, only 99¢. Prices valid through 5/31.



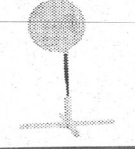
SALE 6⁹⁹

FUJI 100-SPD. 3-PK. FILM.
Reg. 8.99.
200-spd. 3-pk., sale 7.99.
400-spd. 3-pk., sale 8.99.
Fuji QuickSnap camera with flash and 27 exp., sale 10.99.



SALE 26⁹⁹

HOLMES 18" OSCILLATING STAND FAN.
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3-spd., easy no-tool assembly, adjusts from 45- to 65°.
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Styles and colors may vary by store.
While quantities last. No rain checks.



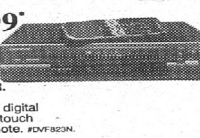
SALE 79⁹⁷

GPX 3-DISC CD PLAYER WITH CASSETTE.
Reg. 129.99. #57520.
All personal stereos on sale.
While quantities last. No rain checks.



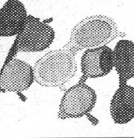
149⁹⁹

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DAEWOO 4-HEAD HI-FI VCR.
Reg. 179.99.
VHS index search, digital auto-tracking, one-touch record, 30-key remote. #DVF523N.



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MISSIE'S AND PETITES' SHORTS SET SEPARATES.
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Now 14.96

Men's Wrinkle-Resistant Britannia Canvas Or Twill Relaxed-Fit Pants Or Jeans.

Was 19.99-21.99.
25% Off All other men's wrinkle-resistant pants.
Reg. 19.99-24.99, sale 14.99-18.74.
*Excludes Venture Value.

Big Men's Timber Creek elastic waist pants, sale 17.24.

NEWS

Dinosaurs' days numbered at Jamestown shopping center

By Matt Mattingly
Staff writer

Dinosaurs soon will be extinct once again at Jamestown Mall, but a few humans are working hard to keep their memories alive.

"It's supposed to be educational and fun, and we've tried to make it as fun as possible," said Dinosaur Encounters supervisor Kathy Gerritsen. "We've all taken crash courses in dinosaurs — at least the ones we have here."

A collection of robotic dinosaurs ranging from Tyrannosaurus Rex to the triple-horned Triceratops are the stars of the show, sponsored by Jamestown Mall and KTVI-TV (Channel 2). *Suburban Journals* is a co-sponsor of the event.

More than 20,000 adults and children already have toured "Dinosaur Encounters" since it opened March 15. It will continue at Jamestown through June 8.

"It's paid off," Gerritsen said. "We've had close to 30 school groups, from as far away as Pevely, Mo., and Marine, Ill."

She and her staff of 18 will miss the interaction with the youngsters. Her own 5-year-old son has enthusiastically embraced his mother's temporary occupation.

"I've had to bring him here with me a few times, and he goes right along on the tours," she said. "He's even had a few kids on the tour ask him questions. We were out shopping one day and he got me a dinosaur key chain."

Among Gerritsen's staff are Rachel Franklin, 20, a student from Florissant, and Carla Skinner, 34, of North County.

"I think it's really neat to see the kids' expressions," Franklin said. "They get so excited, and they're so smart. They know so much, they could give us a tour."

Jamestown rented the exhibit's stars from Japan's Kokoro Co. Ltd., which has produced mechanized museum dinosaur models since 1969. Actual fossils serve as the basis for each



(Photo by ROCKY FREES)

Kathy Gerritsen, Dinosaur Encounters supervisor, conducts a tour of the exhibit at Jamestown Mall for students and staff from the Head Start program in Alton, Ill. At right is Triceratops, one of the stars of the show. The Dinosaur Encounters exhibit will continue at Jamestown Mall through June 8.

Kokoro dinosaur, so the proportions and movements are realistic — sometimes too much so.

"We had to turn up the lights in the corner around T-Rex because so many kids were getting scared," Gerritsen said. "He was in the shadows, and it was kind of spooky, especially late in night when you close up (the exhibit)."

Gerritsen even prints up "bravery certificates" for younger children who get a scare on the tour.

"When the little kids come in and they're scared, by the time you talk to them and explain it, they don't want to leave," said Skinner, herself the mother of two. "The kids

think it's great when they catch us roaring back at 'Rex' — we tell them it's OK, we're just talking."

Gerritsen hopes the exhibit will get one last boost from this weekend's opening of "The Lost World," the sequel to "Jurassic Park."

"I don't know if it's helped or not, but it certainly has heightened awareness," she said.

When the exhibit closes, the staff will help tear it down and package it up for its next destination — Columbus, Ohio, Gerritsen said.

For reservations or further information call 355-8878, Monday through Friday, from 8:30 a.m. to 5:30 p.m.

SILEC meeting is today in Collinsville

The Southwestern Illinois Law Enforcement Commission board of directors will hold its regular meeting at 5:30 p.m. today, Wednesday, at the Holiday Inn, 1000 Eastport Plaza, Collinsville.

The Executive Committee of SILEC will meet at 5 p.m. to review and finalize the agenda for the meeting.

Both meetings are open to the public. Both

are accessible to disabled individuals in compliance with Executive Order 5 and pertinent state and federal laws upon notification of anticipated attendance.

Disabled people planning to attend and needing special accommodations should contact either by telephone or by letter the SILEC office to notify SILEC of their anticipated attendance.

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(Staff photo by BOB SLATE)
Big bird — A helicopter places an air conditioning unit at the Orr-Weathers Housing project in East St. Louis last Wednesday. The work was being done by Granite Mechanical Inc. of Granite City, a subcontractor on the project. The L. Wolf Co. of Granite City is the general contractor. Granite Mechanical is scheduled to perform a similar operation at Granite City High School today.

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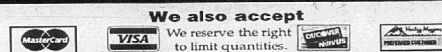


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P145/65R14
P145/55R14
\$44.75 ea. - 2 For \$299.50

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P185/75R14	\$64 ⁹⁹	P205/70R14	\$74 ⁹⁹
P205/75R14	\$67 ⁹⁹	P215/70R14	\$71 ⁹⁹
P205/75R15	\$69 ⁹⁹	P205/70R15	\$68 ⁹⁹
P215/75R15	\$73 ⁹⁹	P215/70R15	\$72 ⁹⁹
P225/75R15	\$76 ⁹⁹	P205/65R15	\$66 ⁹⁹
P225/75R15	\$80 ⁹⁹	P215/65R15	\$72 ⁹⁹
P185/70R14	\$60 ⁹⁹		

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P205/75R15	vw	84
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NEWS

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(Continued from Page 1A)



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Prepare the site for annuals just as you would for any other type of plant. Use care in prying the small plants out of their containers. Once the plants are out, rough up the surface of the root ball a bit by scratching it. This will permit the roots to grow out into the soil.

Place the plants in moist soil. Fill in the hole and tamp gently around the plants. And make sure to water thoroughly.

Cool, overcast days are the best for planting annuals. However, if that doesn't work into your schedule, and you're faced with planting on a hot day, try to do it in the evening.

Check the area for dryness every day or so. Annuals need moisture, but not too much. If the top inch or so of the soil feels dry to the touch, give the plants a drink.

Adding mulch helps keep weeds out and the soil moist, thus making the garden much easier to care for. And decorative mulch improves the looks of the garden, too. There are plenty of mulching materials available at Frank's.

The plants can be fed about thirty days or so

in the service she provides after reading a flier advertising a need for volunteers at the camp.

At that time, she worked as a registered nurse at St. Elizabeth Medical Center.

Kuehl said she decided to volunteer because she likes children and was suffering from "empty nest syndrome."

"When your children grow up and move to another state, you have empty-nest syndrome," Kuehl said. "I saw the flier at St. Elizabeth's. I like kids, and I got involved."

"This (the camp) is a wonderful opportunity for the kids," she said, "because everyone is the same. Every-

one has epilepsy."

Freeman said that epilepsy is not a disease. It is a symptom of a disorder of the central nervous system and has no single cause. It can result from many things that injure or affect the brain.

Epilepsy affects people in different ways, Freeman said. "They can have convulsions or momentary lapses of attention," she said. "In 80 percent of the cases, seizures are controlled by medication, and people that have it often lead healthy lifestyles."

As a nurse at the camp, Kuehl provides medication for the children, whose ages range from 7 to 14.

"We medicate them — we're there for band-aids, bruises, to help them if they get home-

sick," Kuehl said. "It's self-assuring and the children receive lots of emotional support."

"It makes me feel wonderful," she said, adding, "I get very excited about a month before (the camp begins)."

At the camp, Kuehl added, there is a counselor for every four children.

"The counselors give a lot of time and support to these kids," Kuehl said. "But the number of kids varies. Last year we had about 50. Some came from Indiana, Kentucky and Upper Illinois."

In addition, she said, "We have a doctor who comes almost every day."

Kuehl said the association nominated her for the award she won by sending informa-

tion about her background and work at the camp to the American Epilepsy Foundation of America.

"I felt speechless," she said of the honor. "The award was a plaque — silver. It's very impressive. Even now when I talk about it, it's unbelievable."

Kuehl, who retired from nursing two years ago after working for 38 years, first began her career as a licensed practical nurse. She then attended school to receive her diploma as a registered nurse. "I didn't work a lot with kids before I volunteered," she said. "These are all special children."

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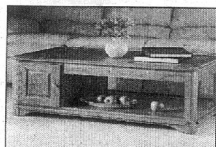
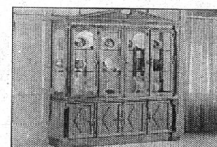
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JOURNAL

SPORTS

Warriors No. 2
in girls soccer poll
Page 3B

Soccer registration,
football camps
Page 3B



Pat
Heston

Herrin legacy won't be forgotten

The sudden passing of SIU-Carbondale basketball assistant Ron Herrin robs southern Illinois of one of its classiest sports figures.

Herrin, who was 67, died unexpectedly May 10 after suffering an aneurysm.

Though not as well known as his younger brother Rich, the Salukis' head basketball coach and long-time mentor at Benton (Ill.) High School, Ron spent 39 years coaching high school sports at three different schools. He coached basketball, baseball, track and cross country at Freeburg, Olney and Benton. He was successful at each school and in each sport. Those who were athletes under his tutelage do more than remember him. They love and respect him.

In the world of competitive sports, where many coaches at every level are a true gun-jerk, Herrin was a true gentleman, a rare class act, a man who treated others with the same dignity that graced his own life.

I first met Herrin at the 1975 Carbondale super-sectional where his Olney East Richland team lost 89-77 to Coy Nunn's East St. Louis Flyers. Herrin was back at the same locale three years later, his Olney squad falling to Collinsville in Vergil Fletcher's final year as coach. Though I saw him only occasionally thereafter, I have never forgotten him, either as a coach or as a person.

'To Ron Herrin, you were important, the individual mattered.'

Herrin would always take the time to talk, if talk is what you wanted to do. He might only have five minutes when you caught up with him, but those five minutes were all yours. He belonged to you completely. He listened intently. He answered wisely. You never felt rushed. You never felt you were an inconvenience. You never felt that he was wanting you to finish so he could get onto something really important. To Ron Herrin, you were important, the individual mattered.

I think that's what helped make him a great coach. I think that's part of what made him a great person. I think that's a portion of the reason he will be missed.

Ron Herrin is missed by all who knew him. His passing leaves an unfillable void in the realm of southern Illinois sports. And, as his family and friends know, an unfillable void in life itself.

The poet Gerald Manley Hopkins wrote once of "inscape." According to Hopkins, something had inscape if it possessed "some definite character that made the world better." He spoke of tree he knew in his youth that was felled by a woodman. The tree had inscape. "I wished to die," wrote Hopkins, "and to not see the inscapes of this world destroyed anymore."

Ron Herrin had inscape. He made life better for everyone who knew him. He will be missed.



Granite City's Carrie Simpson signs with Dominican University as her father, Gary Simpson, and GCHS athletic director Jerry McKeahan look on.

Soccer Warriors on a roll heading into postseason

By Patrick C. Heston
Staff writer

After losing their second 1-0 decision to Incarnate Word Academy in the championship game of the St. Dominic/Howell North Shootout on May 3, the Granite City Lady Warriors soccer team roared through the last three weeks of the regular season with seven straight wins, outscoring opponents 34-2 along the way.

In a makeup game against Edwardsville on May 14, GCHS looked lethargic in a scoreless first half. "We had numerous opportunities and should have scored several times," said coach Gene Baker. "But we were playing without intensity."

All that changed in the second half as the Lady Warriors came out smoking. Michelle Montgomery picked up a pair of goals and an assist. Jaime Dellbringe scored twice. Melissa Montgomery had two assists. Kristin Stovall struck for one goal and Erica Todd handed out an

assist. GCHS won 5-0.

"It was a good second half," said Baker. "I was pleased with our performance over the last 40 minutes."

Baker turned things over to assistants on Thursday as only freshmen dressed for the game against East St. Louis Lincoln, the team the Lady Warriors will face in the first game of the regional on May 24. Granite City won easily, 13-0, in the biggest blowout of the year.

The win gave Granite a spotless 6-0 season slate in the Southwestern Conference.

On May 17, the Lady Warriors traveled to Springfield for a game against highly regarded Sacred Heart Griffin, one of the top picks in the Chatham Glenwood sectional complex. SHG beat Glenwood just two weeks ago.

If a tough road game wasn't problem enough, GCHS goalie Shannon Roth was injured in pre-game warmups and missed the crucial contest. Carrie Simp-

son filled in admirably for the first 60 minutes with Julia Murphy in goal down the stretch.

The hosts scored first and maintained a 1-0 lead at the half.

But once more proving themselves an unstoppable second half team, Granite City struck for a pair of big goals. First to find the net was Jaime Dellbringe off an assist from Chrystal Timmons. Then Melissa Montgomery sent a rocket from 30 yards past the SHG keeper. The Lady Warriors defense stiffened, and GCHS had the win 2-1.

"We played well in a tough game on the road," said Baker. "We had our chances. We hit the post four or five times during the game. Sacred Heart Griffin has a fine team. They have good size and are very physical. All of them strike the ball well. We expect either them or Chatham Glenwood to be in the super-sectional."

Granite City completes the regular season schedule with

(See SOCCER, Page 2B)



Granite City's Felicia Mohsen (right) tries to keep the ball away from Keri Kuhn of St. Joseph.

Simpson to play soccer in college

By Patrick C. Heston
Staff writer

Dominican University of River Forest, Ill., previously known as Rosary College, has received a national letter of intent from its second Granite City soccer player in as many months.

After signing Eric Edwards last month, Dominican announced this past week the signing of Carrie Simpson.

Dominican has not only switched its name, but is switching from NAIA to NCAA Division III. This excites Simpson.

"I'll be playing for a brand new team with a brand new coach," said Simpson. "And it will be their first year in Division III soccer. I've been told that I will fit right in and play immediately. They'll probably use me at midfield or forward,

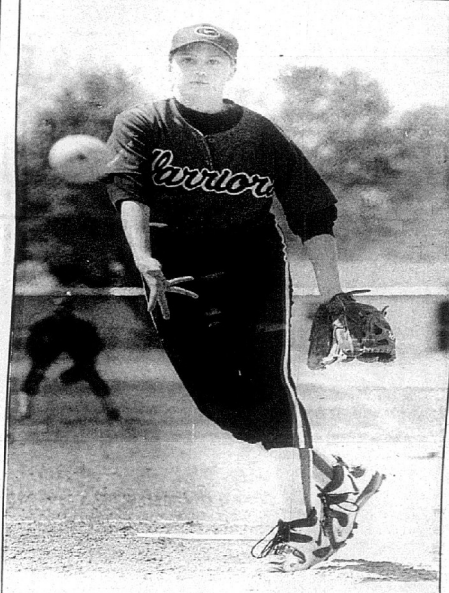
probably a lot of the ways coach (Gene) Baker does here."

Baker admires Simpson's versatility and has played her in nearly every position this season, including goalie.

"I played in goal the entire first game of the season against Aquinas Mercy," Simpson said. "I also played half the game against Incarnate Word and half the game against Chatham Glenwood. I was pretty nervous in goal."

But, as her father was quick to point out, she is unscored against.

"Carrie has great strength on the soccer field," said Baker. "She throws the ball in well, crosses well, and can do everything we ask her to do. She is literally the 12th girl. She is our fire off the bench. She is a quality soccer player (See SIMPSON, Page 3B)



(Staff photo by T.L. WITT)

Granite City freshman Jessica Stratman pitched a one-hitter Saturday against Roxana.

Softball Warriors win tournament

By Patrick C. Heston
Staff writer

Granite City's Lady Warriors scored a pair of impressive victories on Saturday to win their own four-team girls softball tournament.

In the first game, Jessica Stratman was one pitch away from her second no-hitter of the season, allowing just a fourth-inning single and pitching the Lady Warriors to an 11-0 rout of Roxana.

Stratman, a freshman, no-hit East St. Louis earlier in the year.

There was nothing questionable about Ashley Phelan's single to lead off the fourth, a solid spank over the second base bag. "It was just a bad pitch," lamented Stratman. "I wish I had it back."

But Stratman had little else to regret, striking out eight and walking only two as she improved her record to 7-10. "Stratman did a nice job," said Granite coach Deb Germann. "She should have had a no-hitter. She's a freshman and hasn't learned yet to stay as focused as she should. But

(See SOFTBALL, Page 2B)

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Soccer registration

The Southern Illinois Soccer League (SISL), the oldest and biggest soccer league in Southern Illinois, is registering teams for its fall 1987 and spring 1988 seasons. The SISL currently has 130 girls and boys teams ranging in age from U-8 to U-19.

Anyone interested in registering a new team to play in the fall 1987 season, which begins in September, should attend either the May 19 or June 16 SISL meeting. Meetings are held on the third Monday of each month at the American Legion Hall, 1022 Vandavia, Collinsville, Ill.

For more information, call George at 451-0527 or Don at 344-5577.

Football camp

St. Louis Rams linebacker Robert Jones will hold a youth instructional football camp June 12-17 at Blackburn College in Carlinville.

The camp, for boys ages 8-18, will feature instruction from members of the Rams. Scheduled to work the camp are Tony Banks, Leo Goetz, Leslie O'Neill, Eddie Kennison, Jimmie Jones, Harold Green, Roman Phifer, Wayne Gandy and others.

Jones will be at the camp every day. For more information, call 1-800-555-0801.

Soccer Academy

Bob Warming's St. Louis Soccer Academy will hold several summer camps for boys this year.

The Elite Academy, for boys ages 13-19, is scheduled for July 20-24. The Advanced Academy, for boys ages 9-14, meets July 27-31. The Goal Scoring and Goal Keeping Academy, for boys ages 10-19, is July 24-26. The Goalkeeping Specialty Training Academy meets three times — July 20-24, July 24-26, and July 27-31 — and is open to boys ages 10-19.

For more information or an application, call (314) 977-3268 or write to St. Louis Soccer Academy, 3672 West Pine Boulevard, St. Louis, Mo., 63108.

FCA camp

The St. Louis Area Fellowship of Christian Athletes will hold a football camp July 23-27 and a baseball camp July 27-30.

The football camp staff includes Scott Swofford, head football coach at Wentzville High School; Larry Kindbom, head coach at Washington University; and Bob Christian of the Carolina Panthers. The staff for the baseball camp includes Kevin Bowers, head baseball coach at New Seckman High School, and many others.

The cost for each camp is \$150. For more information, call the FCA office at (314) 463-3322.

Bryan Adrian camp

Final registration is now being taken for the 19th annual Bryan Adrian Summer Basketball Camp. Boys and girls ages 6-19 are eligible.

Included among the 1997 summer camp staff are Tim Duncan (Wake Forest), Jerry Stackhouse (Philadelphia 76ers), Serge Swicker (North Carolina) and Harold Deane (Virginia). Locations for the camp include Georgetown, Ky., Bristol, Tenn., Pulaski, Tenn., Gainsville, Ga., Spartanburg, S.C., Charlotte, N.C., Greensboro, N.C., Hickory, N.C., Concord, N.C., Elkin, N.C., Greenville, S.C., Leland, N.C., Raleigh, N.C., and Gastonia, N.C.

For a free brochure, call (704) 372-3236.

Golf tourney

The ninth annual Fontbonne College/Red Schoendienst All-Star Golf Tournament will be held Monday, July 7 at Glen Echo Country Club in St. Louis.

The tournament will feature a number of local personalities and several current St. Louis Cardinals players. Proceeds will benefit Fontbonne College.

For more information, call Marianne Schanthal at (314) 889-1403.

Madison softball

The Madison Park and Recreation Department is accepting teams for Tuesday, Wednesday and Thursday night games, as well as for Friday night coed games. The coed fee is \$250. Teams are handled on a first come, first serve basis.

Only a few openings remain. For more information, call Jim Broadway at 451-1440.

Bantam tourney

The Chesterfield (Mo.) Community Association has added a 16-team Bantam I level to its Independent Day holiday baseball tournament to be held July 3-6. The open tournament still has a few slots remaining at three other levels: Atom 2, Bantam II and Midget II.

There is a three-game guarantee. The team entry fee is \$110. Call Mike Cremer (314-519-9830) or Joe Maas (314-458-8827) for more information.

Sports physicals

Pre-participatory sports physicals will be offered by the Granite City School District 6:30 p.m. May 21-22 at the Wolf Building, Physical Medicine Department, 2100 Madison Ave.

The cost is \$25 and the physical is good for one calendar year, and it is accepted by the Illinois High School Association. For more information, call Saint Elizabeth Sports Medicine at 798-3943. All students who require any immunizations are exempt.

Soccer tryouts

The Gateway East Illinois Youth Soccer League is accepting team applications for boys and girls U-8 through U-19 teams for its fall season.

For more information, call Tom Ponsanski at 656-8834 or John Suss at 667-6177.

Softball league

The Municipal Softball Association is accepting applications for men's and coed teams. Umpires are also needed. For more information, call Jack 1-5 p.m. Monday through Friday at 383-2500.

Cardinals Team of the Week

Sponsored by Alliance BlueCross BlueShield



The Tomahawks girls fastpitch softball team won the 14-and-under championship in the May Madness Tournament May 3-4 in Columbia, Mo. The Tomahawks swept six games against the St. Louis Stealers (16-1), the Fulton Stars (15-0), the Columbia Rockers (10-2), the Sting (2-0, a no-hitter by Amy Harre) and the St. Louis Storm (4-1). Team members include Randi Beare, Anna Godard, Amy Harre, Katie Louis, Carly Riley, Kelly Creek, Katy Hacker, Ashlee Heady, Lauren Roney, Mandy Schaefer, Anne Schomber and Becky Stone. The team is coached by Ed Godard, Bill Heady and Steve Schaefer.

Simpson

(Continued from Page 18) and a quality young lady. Dominican will be very happy.

Simpson was actually recruited by the men's soccer coach at Dominican since the women's program was new and did not yet have a coach. The women's coach first saw Carrie play on the night of April 26, when the Lady Warriors opened the four-time defending state champions from Kansas, St. Thomas Aquinas, 3-0.

Simpson has played soccer consistently since she was 11 years old and has played varsity all four years of her high school career. She is also a standout on the basketball court, where she exhibits a textbook jumper and plays solid, hard-nosed defense. She is also an avid water skier. But it is soccer that is her true love.

"Soccer is easily my favorite sport," she said. "I played other

ers — volleyball, as a freshman and sophomore, and basketball — but soccer is my passion."

Does her future beyond Dominican University include soccer?

"Perhaps," she said. "Who knows? It's something I might enjoy coaching some day." But, first things first, Simpson plans to focus on her education. Her goal is to get a degree in elementary education and become a first-grade teacher. After that, she may think about coaching.

Simpson believes the Lady Warriors can achieve a state championship in soccer her senior season.

"We're good," she said. "We're good enough to go all the way, unless we get too cocky. But, coach Baker won't allow us to get cocky. Winning a state championship would be a great way to cap off a high school career."

Journal Writers' Poll Girls Soccer

Week of May 21

1. Incarnate Word (27-1).....	69
2. Granite City (17-2-1).....	54
3. St. Joseph (16-4-1).....	55
4. Francis Howell No. (17-4-1).....	50
5. Lafayette (14-3-4).....	40
6. Moberly (15-4-1).....	34
7. Notre Dame (15-5-1).....	30
8. Cor Jesu (NA).....	18
9. Nardin Hall (11-7-5).....	10
10. Ursuline (NA).....	6

Also receiving votes: Rosary, St. Dominic, Oakville, O'Fallon, Parkway Central

Fairview Heights Legion tournament

Fairview Heights American Legion Post 978 is holding a memorial tournament for junior legion and other teams in honor of its late baseball chairman, John E. Baker III. The tournament will be held the same weekend as the senior legion Fred McClary Memorial Tournament, with games on June 20-22 on the Pan Am field in Longacre Park in Fairview Heights.

The tournament entry fee is \$50. The field is limited to eight teams, with a guarantee of two games. Teams do not have to be in the junior legion to participate.

For more information, call Jim Beecher at 568-8916 or Gene Breitenstein at 632-3290. Players must be born on or after Aug. 1, 1980.

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Bacardi Rum
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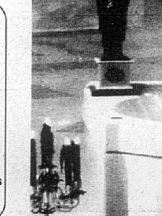
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NEWS

Local student honored at Eagle Scout ceremony

Douglas Brasfield, 18, was honored at a special Eagle Scout ceremony, which was held recently by Troop 323 at the Fleming Park meeting hall in Lee's Summit, Mo.

To earn scouting's highest award, Brasfield earned 28 merit badges, served in various positions and oversaw completion of a community service project. For Brasfield's service project, he led scouts and adults from Troop 323 in adding a concrete floor and walkway to a gazebo at the First Presbyterian Church of Lee's Summit.

Brasfield began his career in scouting with Troop 320 in the Transatlantic Council in Germany. He joined Troop 323, sponsored by the First Presbyterian Church of Lee's Summit, in 1986. He has served as patrol leader, quartermaster, senior patrol leader and troop guide. He is currently serving

as an assistant scoutmaster for his troop.

He is a senior at Lee's Summit North, where he is an honor student. He plans to attend college to become certified as a firefighter and pursue a career in public service.

Brasfield is the son of Ron and Donna Brasfield of Lee's Summit and the grandson of Amy and the late Ralph Brasfield, and Shirley and the late Edward G. Schillinger of Granite City.

St. Anthony's sets health screenings

St. Anthony's Medical Center has scheduled health screenings from 10 a.m. to 2 p.m. today at Schnucks Supermarket, 738 N. Market in Waterloo.

There is no charge for a blood pressure screening. The charge for a cholesterol screening is \$7. No fasting is required prior to the test.

Blood sugar tests are available for \$3, and a three-hour fast is required prior to the test. Triglyceride tests are available for \$5, and a 12-hour fast is required. Avoiding alcohol for 48 hours is recommended.

People undergoing blood sugar and triglyceride tests may have only water while fasting.

No appointment is necessary for screenings. For more information, call 525-1250.

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1149 East Airline Dr., • East Alton, IL • 259-8689

You asked...so we delivered.

At Memorial Maternity Center, we strive to meet your needs. We asked our patients what was important to them.

As a result, we've added some childbirth education classes as well as changed some existing ones to meet your needs. Our childbirth education classes will help you prepare for a birth experience that will meet your expectations!

Prepared Childbirth Class

This class provides eight hours of in-depth preparation for labor and birth, including breathing and relaxation exercises. Options for you and your baby's care at Memorial Maternity Center will be shared to help make your birth a personalized and positive experience. Participants are encouraged to register before the fifth month of pregnancy and attendance is limited to those delivering at Memorial. There is a \$25 per couple fee. Call 257-5855 for class dates and times.

Childbirth Refresher Class

The Childbirth Refresher Class is designed to give experienced parents updated information about the latest trends in labor, delivery and newborn care. Limited to those who will deliver at Memorial, this class is held from 7 to 9 p.m. on the first Monday of the month. \$5 per couple fee. For more information, call 257-5855.

Vaginal Birth After Cesarean (VBAC) Class

This class addresses questions about vaginal births after cesarean (VBAC) and why VBAC's can be safer than repeat cesarean deliveries for both mother and baby. You also will learn how to maximize your chances of having a vaginal birth. Class meets 7-9 p.m. on the fourth Tuesday of the month. It is free to those attending Prepared Childbirth or Refresher Classes (we strongly recommend attending these as well) or \$5 fee per couple if not taking these classes. Call 257-5855 to register.

Baby Care and Parenting Classes

This two-session program teaches you how to care for, play with and protect your infant from birth to age 12 months. Topics presented include: newborn care, infant feeding, baby bathing, when to call the

doctor, home and toy safety, returning to work, finding a good babysitter and traveling with baby. Held from 7 to 9 p.m. on the third and fourth Wednesday of every month, this class has a \$5 per couple fee. Call 257-5855 to register.

Sibling Class

Memorial Maternity Center offers a Sibling Class to make it easier for big brothers and sisters to prepare for and accept a new baby. This class is designed for children ages 3 through 12 and meets from 7 to 8:30 p.m. on the first Monday of each month. Limited to children whose sibling will be born at Memorial Maternity Center. \$2 per child fee. Class size is limited and reservations are requested. Call 257-5855.

New Family Night

Once you have a baby, take time for an informal evening out. Meet with other new parents and a registered nurse to discuss

parenting concerns and have questions answered. Held 7-8:30 p.m. on the first Monday of the month. Infants welcome; \$5 per couple. Call 257-5855 to register.

Prenatal Breastfeeding Class

This class is designed to provide vital information to those who are considering breastfeeding their baby. The class meets from 7 to 9 p.m. on the second Wednesday of every month. This class has a \$5 fee per couple. Both parents are encouraged to attend. For more information, call 257-5855.

Breastfeeding Help for New Mothers

This service addresses concerns you may have about breastfeeding after you are discharged from the hospital. Information and support will be provided for those crucial early days and weeks of nursing a newborn. There is no fee for this service. Call 257-5855 to talk with a nurse or to arrange a help session.



MEMORIAL MATERNITY CENTER
4500 Memorial Drive
Belleville, Illinois 62226

Where special deliveries happen every day!

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NEWS

CALENDAR

Church

THE BLOOD OF THE LAMB PRAYER AND BIBLE STUDY. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs every Tuesday from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Onville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 868-1865.

CENTRAL CHRISTIAN CHURCH, 2020 Johnson Road, holds Sunday School at 9:30 a.m. and morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

Dance

BOOTS & SLIPPERS SQUARE DANCE CLUB, square dance lessons, 7 to 9 p.m., every Tuesday, First Christian Church, across from the Cracker Barrel, Caseyville. The cost is \$2.50 per person, per lesson. For more information, call 797-8528 or 344-4036.

Food/Nutrition

RESCUE MISSION, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

GRANITE CITY FOURSQUARE CHURCH, 2400 East 25th St., hot meals served free of charge, the last Monday of each month, to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

Health/Exercise

St. Elizabeth Medical Center's Behavioral Health System will present a talk on "Depression and Chemical Dependency" at 7:30 p.m. Tuesday, May 27, in Pascal Hall. The talk will be given by Warren Neal and is free and open to the public. Call the Resource Center at 798-3888 to register, or for more information.

FREE ELECTRONIC SPINAL SCREENINGS from 9 a.m. to noon every Tuesday and Thursday. Call 876-2273 for more information.

TAKE OFF POUNDS SENSIBLY Chapter 2283, 8:45 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For information, 797-6351 or 877-2784.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m. every Monday, Melvin Price Support Center in Granite City, 876-2124.

TOPS II 645, 7 p.m. every Monday, Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102. Men and women welcome.

TOPS 1899 (Take Off Pounds Sensibly) will meet at 8:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Organizations

GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN, meeting at Jerry's Cafeteria. Dinner at 6:30 p.m., third Wednesday of each month, followed by a program at 7:15. Open to the public. For more information call 452-5381 or 451-8814.

CHURCH WOMEN UNITED will meet at 10 a.m. the fourth Thursday of each month, except July, at the Holy Family Community Center.

MODERN WOODMEN OF AMERICA will meet the last Thursday of each month at 5 p.m. at Ravello's Restaurant.

THE JOLLY QUILTERS, 9 a.m. to 2 p.m., every Thursday at the Social Center, 906 Thorngate Drive, Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals, 7:30 to 9 p.m. every Thursday, St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the fourth Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

QUAD CITY YOUTH FELLOWSHIP meets the second and fourth Saturday of each month, 2257 Cleveland, 7 p.m., 931-3480 or 877-4648.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1063, Maryville Road, Granite City, 931-3567, 8 p.m., fourth Tuesday of each month.

JOB'S DAUGHTERS BETHEL #43 meets the fourth Tuesday of each month at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., fourth Tuesday of each month, 877-4250.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesday.

The Troy/Maryville/Collinsville chapter of Business Network Int'l (BNI) meets every Tuesday at 7 a.m. at Randy's Restaurant in Troy. For more information, please call Lisa at (618)667-8340.

School

SCHOOL OF METAPHYSICS, 7:30 to 10:30 p.m., every Tuesday, 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Seniors

PONTON BEACH SENIOR CITIZENS BINGO, every Wednesday, 11:30 a.m., 3910 Illinois 111, Ponton Beach.

QUAD CITY TOWNSHIP SENIOR CITIZENS meets the fourth Thursday of each month, 8 p.m., Potluck, Social Center, 906 Thorngate Drive, Mitchell.

ATTENTION MEDICARE BENEFICIARIES—Come and hear how Advantage can give you complete healthcare coverage. You are invited to hear a presentation every Thursday at 10 a.m. at the Ponton Beach Senior Center, 3910 Highway 111, Ponton Beach.

EAGLE PARK ACRE SENIORS OF MADISON meet every Thursday from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

FRIDAY AFTERNOON PINOCCHIO CLUB for seniors 55 and over meets at 12:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Ponton Road. Call 877-0350 for more information.

SENIOR SOCIAL CLUB meets every Sunday at the Nelson Hagnauer Township Hall. Doors open at 12:30 p.m. bingo and games start at 2 p.m. Call 877-1215 for more details.

SENIOR SOCIAL CLUB business meeting, 6 p.m., fourth Monday of each month, Nelson Hagnauer Township Hall. Dessert is served following the meeting. Games and bingo are played at 7 p.m. Call 877-1215 for more details.

Support Groups

PULMONARY SUPPORT GROUP for persons with diagnosed lung condition, 11 a.m. to noon every Wednesday in 4 Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Wednesday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Wednesday, St. Elizabeth School's Neale's Ark Day, Ponton Road, Granite City. The meetings are closed except for the last Wednesday of the month.

ALCOHOLICS ANONYMOUS, 8 p.m. every Thursday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Thursday, Presbyterian Church, Mitchell, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 11 a.m. every Thursday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALANON, 7 p.m. every Thursday, Wellness Center, 2103 Iowa, 463-2429.

NARCOTICS ANONYMOUS Seeking recovery, 8 p.m. every Thursday, 2016 Deimar Ave., 24-hour hotline 96-9409.

HEREDITARY ATAXIA (a disorder of nerve cells in the spinal cord and cerebellum) SUPPORT GROUP meets the second and fourth Friday of each month, Call Curt Williams, 177-6172, for information.

ALANON meets at 8 p.m. every Friday in the Milsons Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS, noon and 8 p.m. every Friday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

(See CALENDAR, Page 10B)

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New Medical Assistant Program

A new Medical Assistant Program will be offered at BAC's Granite City Campus beginning August 1997...

- 10-month program
- Begins in August, ends in June
- Classes held Monday through Thursday, afternoon and evening
- Maximum of 12 students admitted into the program
- Students will be eligible to take the national certification test upon completion of the program

ALL CLASSES WILL BE OFFERED AT THE GRANITE CITY CAMPUS

For more information on the Medical Assistant program, call Rose Hall, program coordinator, at (618) 235-2700, ext. 332

Ask about our "ONE PLUS ONE PROGRAM"

Give Our Children A Break...
Drive Carefully And Save Lives!

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13TH ANNUAL BONIFEST
St. Boniface Parish Grounds, Edwardsville, IL
STARTS FRIDAY, MAY 23 @ 4 PM & SATURDAY, MAY 24 @ 12 NOON

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BINGO BOTH NIGHTS

FOODS
Pork Steaks, Fish, Bratwurst, Hamburgers, Pizzas, Gyros, Funnel Cakes, Pies, Soda, Lemonade

SATURDAY AFTERNOON FEATURE
Shooting Stars Baton Twirlers, 2:00 PM

CLOWNS
BALLOON TIE-INS

GAMES • WIN PLANTS, DESSERTS & OTHER GREAT PRIZES

10 PRIZE RAFFLE
1st \$2,000 5th 1st \$500 8th \$750 12th \$100 Each
2nd \$500 3rd \$250 4th \$100 6th \$50 7th \$25 9th \$10 10th \$5

Friday: George Portz & The Friends of Bluegrass 4:15 - 7:15 PM
Saturday: Old St. Louis Levee Band 4:00 - 7:00 PM
Angel Heart 7:30 - 11:30 PM

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Fighting Heart Disease and Stroke
The Most Important Instrument in the Treatment of Stroke



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Hurry! Sale Ends Saturday!

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4-DAY SALE!
Now Thru Saturday Only
Flowering Hanging Baskets
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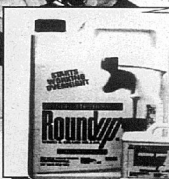
Flowering Annuals

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Flat of 48 Plants
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Just 22¢ per plant!



FREE 7-oz. Roundup Concentrate!
With purchase. Mix with water to make one gallon

Roundup Weed & Grass Killer
Sale \$12.99

Ready to use, in gallon container. Removes all unwanted weeds and grasses, roots and all. Reseed or replant in just one week! Reg. 16.99

Store Hours: Mon. thru Fri. 9am to 9pm, Sat. 8am to 9pm, Sun. 9am to 7pm • Open Memorial Day 8am to 6pm
Check the Yellow Pages for the Frank's store nearest you. Sale prices not valid on previously purchased merchandise.

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NOW HIRING! See Store Manager

Sale ends 6-24-97

NEWS

Metro-East Lutheran High announces honor roll students

Metro-East Lutheran High School recently announced the students who have qualified for the honor roll for the third quarter.

Local students include:

HONOR ROLL WITH DISTINCTION (GPA 4.0)

Seniors: Jeffery Alexander, Edwardsville; John Gresley, Cedarburg, WI.; Josh Hill, Glen Carbon; Mercedes Mueller, Collinsville; Jonathan Sprengel, Edwardsville.

Juniors: Megan Cook, Melissa Iehl, Joe Piquard, all of Collinsville; Kathryn Rathert and Janelle Schoenleber, both of Edwardsville; Sherrill Small, Caseyville.

Sophomores: Andrew Engfer, Collinsville; Angela Knebel, Glen Carbon; Rachel Sprengel, Lynn Stahlhut, both of Edwardsville; Amy Streuter, Collinsville; Kelly Traw, Troy.

Freshmen: Aaron Erb, Emilie Groth, both of Edwardsville; Tara Knaechstedt, Worden; Rachel Lane, Andrew Lauber, both of Collinsville; Tammy Metz, Staunton; Leigh Ann Staden, Collinsville.

HIGH HONOR ROLL (GPA 3.99 - 3.75)

Seniors: Andrew Becker, Springfield, Mo.; Holly Berkigler, Edwardsville; Katrina Knebel, Edwardsville; Danielle LaCroix, Collinsville; Bethany Launhardt, Collinsville; Billie Meyer, Hamel, Laura Miller, Edwardsville; Timothy Read, Troy; Jamie Schutz, Edwardsville; Jennifer Wren, Collinsville.

Juniors: David Gusewelle, Edwardsville; Amy Lane, Collinsville; Jason Kosen, Edwardsville.

Sophomore: Jamie Farwell, Worden.

Freshmen: Bethany Brandt, Collinsville; Bert Cross, Swansea; Kristina Foley, Granite City; Amanda Henschen, Edwardsville; Brent Sankey, Collinsville; James Starrett, Edwardsville; Matthew Winfield, Kim Worries, Edwardsville; Erin Zukosky, Collinsville.

HONOR ROLL (GPA 3.74 - 3.50)

Seniors: Brent Deterding, Glen Carbon; Gina Gusewelle, Edwardsville; Michele Iervolino, Glen Carbon; Matthew McCormick, Edwardsville; Sara Rallo, Glen Carbon; Anthony Skeesick, Worden;

Delana Whelan, Evansville; Juniors: Tracy Hall, David Kober, both of Collinsville; Melissa Miller, Edwardsville; Jeffrey Pea, Maryville; Mariam Schrage, Patrick Thirion, both of Edwardsville; Nicholas Wierciak, Maryville; Sophomores: Nathanael Gingrich, Maryville; Andrea Thien, Wood River; Sarah Warren, Bethalto; Alison

Weise and Kathryn Wendler, both of Edwardsville; Freshmen: Michelle Arakaki, Glen Carbon; Justin Lochmann, Collinsville; Laura Meyer, Natalie Miller, both of Edwardsville; Jennifer Patek, Collinsville; Nicole Retzer, Dorsey; Douglas Ridgeway, Maryville; Rachel Wren, Collinsville; Steven Wurth, Glen Carbon.

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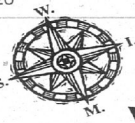
- ▶ Aetna
- ▶ Blue/Cross/Blue Shield
- ▶ HealthLink
- ▶ United Healthcare
- ▶ PHCS
- ▶ Prudential
- ▶ GHP
- ▶ Medicare assignment accepted

Calls regarding additional healthplans are welcome.

Southwestern Illinois Medicine, Ltd.

4550 Memorial Drive, Suite 220
Belleville, Illinois 62226

To make an appointment,
call: (618) 236-8000



For The Last 12 years, Memorial's Had the Grip on Arthritis Care.

In 1985, the Arthritis Service of Southern Illinois was introduced at Memorial to put you in touch with professionals who can help you get a grip on your pain. For the last 12 years, this outpatient diagnostic clinic has helped a large number of residents from all over Southwestern Illinois who suffer from musculoskeletal and joint problems. Convenience, personalized attention and experienced professionals have differentiated the Arthritis Service from other look-alikes which have come and gone since 1985.

The service includes:

Your visit to the Arthritis Service includes an examination by an orthopedic surgeon and an internist. It also may include examination or consultation with a physical therapist, orthopedic nurse, occupational therapist, dietitian and social worker. X-rays and lab tests may be ordered as well.

Fees are charged according to services received. Examinations are by appointment only. Physician referral is not required. For your convenience, a copy of your evaluation report will be sent to your physician.

Date:
Friday, June 6, 1997

Information:
For an appointment or more information, call Memorial's Physical Therapy Department at 257-5250.

Donald I. Serot, M.D.,
Orthopedic Surgeon
Co-Director, Arthritis Service of Southern Illinois

Judith Waller, M.D.,
Internist
Co-Director, Arthritis Service of Southern Illinois

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Trip set for June 5

Many one-day trips, sponsored by the Granite City Park District, are scheduled in the next few months. Additional trips may be added as well.

The June 5 trip will be to the Wildflower Herb Farm and Inn in Godfrey and will include a family-style meal at the Whitman Hotel in Brussels and shopping in old-fashioned Alton. The trip will cost \$33 per person and went on sale, May 13.

On July 10, a trip is planned for exploring historic Ste. Genevieve, Mo. Missouri's oldest community. In addition to touring the beautiful restored home there, lunch will be a full buffet at the Old Erick House. The route home will be through the Macystown area of Illinois. The cost of the trip will be \$39, including lunch, and will go on sale Friday, June 6.

The trip in August will be an overnighter to Navoo, Ill., and Keokuk, Iowa. It's a step back in time to visit the quaint Navoo area. The early Mormon settlement will come to life in the tour of the beautiful gardens, historic sites and craft demonstrations and the famous musical production, "The City of Joseph."

Besides a box lunch from the Old Mill Bakery, a full evening buffet will be at the Navoo Hotel. Lodging will be at Keokuk with the return home on the second day. The trip is on Aug. 7 and 8. The sign-up is on Friday, July 11. The cost is \$90 per person.

A full one-day trip will be made to Hannibal, Mo., on Sept. 11 and will include a cruise on the Mark Twain Riverboat, a lunch and show at the Molly Brown Theatre and a step-on guided tour of the other sights in the area. The trip cost is \$49 per person and will go on sale Tuesday, Aug. 5.

The schedule for the remaining three months will be announced at a later date. Call Sue Champion for more information.

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Solid Oak Glider,
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Rockers, By Huestead
ONLY \$299

Oak 2 Drawer
File Cabinet
ONLY \$199

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Major Savings! Items in Every Department Reduced!

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Bedroom, With Poster Bed
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Cherry Bedroom, With
Rice Carved Poster
Bed ONLY \$1999

Round Oak Table and 4
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& Box Spring,
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Country Styled Plaid
Sofa & Loveseat,
by Flexsteel ONLY \$1099

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Rollers ONLY \$139

Cherry - 3 Piece Coffee
& End Tables
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Big Mans Wall Hugger,
by Lane
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Solid Oak Pedestal
Table & 4 Chairs
ONLY \$849

Flexsteel Queen Size Contemporary
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8 Piece French Styled Cherry
Dining Room
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2 days / Jun

BRANSO

3 days / Jun

OSAGE

1 day / Jun

SMOKEY

4 days / Ju

ROCKON

1 day / Ju

BARDST

3 days / Ju

C O L

9 days / Ju

N A S

3 days / Ju

Ends Thursday!

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ENTERTAINMENT

HOROSCOPE

Wednesday, May 21
The sexy Scorpio moon inspires honesty in all relationships. If you're not ready to hear or tell the whole truth, you may opt to avoid volatile situations all together. The sun is now in Gemini — time to push yourself toward new leisure activities. Learn to play water polo, or sign up for a tennis match — you'll find luck and love by investigating new ways to play.

ARIES (March 21-April 19). Legal settlements are awarded to you. A friend asks for your opinion on love, and the discussion helps you make a decision about your own relationship. New enterprises begun now could be big — especially if a Leo is involved.

TAURUS (April 20-May 20). A chance meeting develops quickly into something romantic. Celebration is in order after you receive a raise or promotion. A relative or co-worker needs assistance with a creative project. Involve family in an important decision.

GEMINI (May 21-June 21). A sudden opportunity to move

Joyce Jillson
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up the ladder opens at work. Aquarius and Scorpio individuals are key to the success of a business deal. Your love brings home happy news. Ask a co-worker for some professional advice.

CANCER (June 22-July 22). Use new methods and equipment at work to speed up your output. Spend money on magazine subscriptions or information services vital to your career. Work with youths in a community project. A Sagittarius asks you out.

LEO (July 23-Aug. 22). You could be swept off your feet by a stylish Libra. A new hobby

has you hooked. A risky business venture is worth it, and rewards will come quickly. A joint effort between you and an Aries could be a source of extra income.

TODAY'S BIRTHDAY (May 21). Your key to happiness is in making your own world the best it can be instead of accepting the one outside as the only possibility. Take a creative approach to life. In late June, a Pisces or Capricorn will sweep you off your feet. You'll find a perfect new job by September. Travel in October leads to a cash-flow increase.

VIRGO (Aug. 23-Sept. 22). You hear about a potential new living situation through a co-worker. You run across a bargain on a computer or appliance at an unusual spot. Catch up on bills.

LIBRA (Sept. 23-Oct. 23). You astound yourself with your innovative thinking. Brainstorm creatively, and come up with money-making ideas. A new team project at work gives you the opportunity to show your leadership ability.

SCORPIO (Oct. 24-Nov. 21). An unexpected raise is the

result of previous hard work. Luck comes through large institutions and organizations. An unusual pet turns out to be a lot of fun.

SAGITTARIUS (Nov. 22-Dec. 21). If the opportunity comes along to switch jobs, take it — it will give you greater freedom and independence. Travel plans for a future romantic excursion need to be reworked.

CAPRICORN (Dec. 22-Jan. 19). Money comes through an unexpected source. Encourage your own spiritual growth, and your whole life will start to make more sense.

AQUARIUS (Jan. 20-Feb. 18). A neighborhood or community group picks you to lead the next project. You are introduced to an exciting career possibility through a friend of a friend. Tackle a personal goal with help from literature or a video.

PISCES (Feb. 19-March 20). Lucky breaks in the area of your career seem to keep coming and coming. Don't let your moodiness ruin a love relationship. Talk over any tense issues. Developments are made in an artistic project.

SENIOR MENUS

Donations for noon meals are \$2. Call a day ahead for reservation, 877-4373.

Wednesday, May 21
Mushroom steak, whipped potatoes, wigan, chopped spinach, wheat bread, peach cobbler.

Thursday, May 22
Spaghetti w/meat sauce, tossed salad, green beans, wheat bread, fruit cocktail.

Friday, May 23
Hamburger, creamed corn, stewed tomatoes, bun, chocolate pudding.

Monday, May 26
Site closed for Memorial Day.
Tuesday, May 27
Beef stew, stew vegetables, sliced beets, biscuits, orange sherbet.

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1 day / June 7.....\$43

SMOKEY MOUNTAINS
4 days / June 12-15.....\$365

ROCKWELL GARDENS
1 day / June 14.....\$56

BARSTOWN, KY
3 days / June 20-22.....\$296

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NASHVILLE
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Reserved and Lower Box Seats are available at the Riverport Amphitheatre Box Office and all CAPITAL TICKETS retail centers, including Famous Barr, Statewide Records, Midwest Playhouse and select area Schwab's or charge by phone. *Tickets may be subject to a convenience charge.
Mail entries to: Suburban Journals
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NEWS

Students win awards at Science Fair

Seventeen Holy Family students presented their science fair projects April 11-12 at the Illinois Junior Academy of Science Regional Science Fair at Southern Illinois University at Edwardsville.

Each of these students was eligible to attend the regional science fair by achieving a first-place ranking on his or her science fair project at the Holy Family Science Fair held March 14 in the school's cafeteria.

In the sixth-grade category judged April 11, Ryan Breck-

ner, Jonathan Costello, Libby Kelley, Sarah Whitecotton, Jennifer Miller and Jaime Praxma all received outstanding ribbons, the highest award possible.

In the seventh-grade competition held April 12, Eric Rager, Jada Foster, Kelly Mushill and Rachel Turek all received outstanding ribbons. Elliott Bosslet, Nicole Hicks and Brian Unfried received first-place ribbons. Jada Foster received a special award from the U.S. Army for the best project in the Environ-

mental Science category.

Eighth-grade students John Lusick, Patrick Meredith and Sandy Miller were judged to have outstanding projects. Joshua Reyes was awarded first place. Both John Lusick and Sandy Miller received special awards from the Science Application International Corporation for excellence in the scientific design of their projects.

In the seventh- and eighth-grade category, all students who received outstanding placements and some students

who received firsts were judged a second time. During this second judging, the IJAS Region 12 judges selected students to compete with their projects at the IJAS State Science Fair held at the University of Illinois at Champaign-Urbana on May 9-10. Nicole Hicks, John Lusick and Sandy Miller were selected to compete at the state level.

Hall receives Bates honor

Jason R. Hall has been named to the dean's list at Bates College for the first semester of the school year.

Hall, a senior economics major, is the son of Bruce and Sherry Hall of Granite City.

He is a member of the Brooks Quimby Debate Council and competed in the 1995 National Parliamentary Debate Championships.

BAC to offer medical assistance program at Granite City campus

Responding to student demand, Belleville Area College has decided to offer a medical assistant program at its Granite City Campus, beginning in the 1997 fall semester. The program is currently offered only at the college's Belleville Campus.

"The expansion of the medical assistant program to the Granite City Campus is another sign of our continuing efforts to provide quality education for residents in the northern part of the college district," GCC Provost Dr. Harold Johnson said.

The 10-month program will begin in August and end in June with classes being held Monday through Thursday at GCC, said program coordinator Rose Hall. Classes will begin in the afternoon and continue into the evening, Hall said.

"I've had a lot of calls from people in the Granite City area," she said.

In order to best use available lab space, a maximum of 12 students will be admitted into the medical assistant program in the fall. Upon completion of the program, students will be eligible to take the national certification test. After certification, many students get jobs but many also opt to return for a second year, when more management level classes are offered.

"We call it our one plus one program," Hall said. "This allows students to earn some money while going to school."

Medical assistants are qualified to perform a wide variety of tasks in an office setting.

"They can type or do record keeping or help out with patients. That's what makes them so invaluable," Hall said.

Information on the medical assistant program, call Hall at (618)225-2700, Ext. 332.

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4	P185/80R13	XH4	WW	\$68.95
4	P185/70R14	XH4	WW	\$78.95
4	P185/70R14	XH4	BLK	\$78.95
4	P195/75R14	XH4	WW	\$75.95
4	P205/75R14	XH4	WW	\$84.95
4	P215/70R14	XH4	BLK	\$89.95
4	P205/75R15	XH4	WW	\$78.95
2	P205/70R15	XH4	WW	\$88.95
4	P215/75R15	XH4	WW	\$81.95
3	P215/70R15	XH4	BLK	\$93.95

LIGHT TRUCK

4	LT215/85R16	XCH4	BLK	\$116.95
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GOOD YEAR
CLOSE OUTS

4	P205/75R15	WRANGLER	BLK	\$39.95
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QTY	SIZE	NAME	SW	PRICE
4	P175/70SR13	BLK		\$34.95
4	P185/70SR13	BLK		\$36.95
4	P185/70SR14	BLK		\$38.95
4	P195/70SR14	BLK		\$39.95
2	P195/60SR14	BLK		\$44.95
4	P235/60SR14	BLK		\$49.95
4	P195/60SR15	BLK		\$41.95
4	P205/60SR15	BLK		\$47.95
3	P225/60SR15	BLK		\$51.95
3	P235/60SR15	BLK		\$49.95
3	P255/60SR15	BLK		\$54.95
1	P275/60SR15	BLK		\$61.95
4	P175/70SR13	RWL		\$35.95
4	P185/70SR13	RWL		\$38.95
4	P195/70SR13	RWL		\$39.95
4	P185/70SR14	RWL		\$38.95
4	P195/70SR14	RWL		\$39.95
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1	P235/75R15	WW		\$34.95
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4	P185/70R14	BLK		\$34.95
1	P205/70R14	BLK		\$34.95
3	P205/70R15	BLK		\$35.95
3	P215/65R15	BLK		\$39.95
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QTY	SIZE	NAME	SW	PRICE
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4	30X9.50R15/6	BLK		\$64.95
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2	480-12	4 ply		\$24.95
2	530-12	4 ply		\$24.95
2	480-8/4	tire & wheel 4 hole		\$25.95
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NEWS

Granite City senior wins national award

Competing against about 7,500 school winners from throughout the United States, Sangeeta Kumar, a Granite City High School senior, has won a national Principal's Leadership Award.

R. William Rotter, principal of Granite City High School, announced the award, which includes a \$1,000 college scholarship. One hundred fifty Principal's Leadership Awards were presented as part of National Student Leadership Week, April 20-26, by the National Association of Secondary School Principals and Herff Jones, Inc.

"Sangeeta is a perfect example of a true student leader,"

Rotter said. "Her activities in the classroom, in the athletic arena and through Student Council and National Honor Society make her a model for other students to follow. Granite City High School is certainly proud of Geeta and her accomplishments."

Principals in high schools throughout the country could nominate one of their student leaders. Winners were selected based on their participation in service organizations, clubs and athletics; achievements in the arts and sciences; employment experience; and academic record. They also had to write about one problem that they would focus on if they were president of the United States.

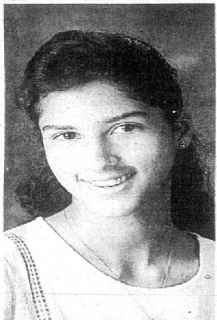
America's high schools."

While at Granite City Senior High School, Kumar has been president of the National Honor Society Chapter, Student Council treasurer, a member of the varsity tennis and basketball teams, and a recipient of the William H. Danforth "I Dare You" Leadership Award of the American Youth Foundation.

Kumar plans to attend the University of Notre Dame to study chemical engineering.

"Sangeeta is a perfect example of a true student leader. Her activities in the classroom, in the athletic arena and through Student Council and National Honor Society make her a model for other students to follow."

— R. William Rotter
GCHS principal



Sangeeta Kumar

Calendar

(Continued from Page 5B)

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MISSOURI COUNTY will meet from 1 to 3 p.m., every Friday, at Woodview Township Hospital, Barbara Hopkins and Alice Elam are the co-leaders. For more information call the DMDA office at (314) 776-3888.

ALANON ADULT CHILDREN, Providence, 2103 Iowa, 10 a.m. every Saturday, park in rear, no smoking, 463-2420.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2016 Delmar Ave., 24-hour hotline 398-9409.

ALCOHOLICS ANONYMOUS, 1:30 p.m. and 8 p.m. every Sunday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m. every Sunday, 2016 Delmar Ave., 24-hour hotline 398-9409.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, Pascual Hall, main floor, Granite City, 1 (800) 307-6600.

MADISON COUNTY PARENTS WITHOUT PARTNERS meets the fourth Monday of each month at Namecki United Methodist Church, 1900 Pontoon Road in Granite City. For more information, call 931-2157.

ARTHRITIS SUPPORT GROUP, 7 p.m., fourth Monday of each month, Alton Memorial Hospital cafeteria, Room B.

ALCOHOLICS ANONYMOUS, noon and 8 p.m. every Monday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALANON, 9:30 a.m. every Monday, 2116 Club, 2116 Edison, Granite City, 463-2420.

CHEMICAL DEPENDENCY RELAPSE PREVENTION group meets from 6:30 to 8:30 p.m. every Monday at the Edwardsville Health Center, 1123

In recognizing leadership in co-curricular activities, the new term for extra-curricular activities, as coined in *Breaking Ranks: Changing an American Institution* as well as academic performance, the PLA scholarship helps assert the importance of a well-rounded education.

Breaking Ranks, the high school reform issued by NASSP, in partnership with the Carnegie Foundation for the Advancement of Teaching, says co-curricular activities should be an essential part of the school curriculum.

"Kumar has built a record of outstanding service and scholarship while in high school," said Dr. Timothy J. Dyer, executive director of NASSP. "Her leadership potential clearly is demonstrated by winning the Principal's Leadership Award. She's a fine example of the outstanding caliber of young people in

University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members give in society. For more information, call 798-3888.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. every Monday at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

OSTOMY SUPPORT GROUP, 2 to 4 p.m., fourth Tuesday of every month, Pascual Hall, main floor, St. Elizabeth Medical Center, 798-3167.

PEOPLE NEEDING PEOPLE BEREAVEMENT SUPPORT GROUP, 7 to 9 p.m., fourth Tuesday of each month, Wiseman Room, first floor, St. Elizabeth Medical Center, call Hospice of Madison County, 798-3399.

ALCOHOLICS ANONYMOUS, 8:30 a.m. and 8 p.m. every Tuesday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS (women only), 8 p.m. every Tuesday, Presbyterian Church, Mitchell, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., fourth Tuesday, St. John United Church, 2901 Namecki Road, Granite City, 692-8078.

ALANON, 8 p.m. every Tuesday, Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2420.

ALATEEN AND PREALATEEN PROGRAM for 12 to 17 age group, and prelateen for seven to 11 year age group, meets at 8 p.m. every Tuesday at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2420.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the Kind's House on North 66th Street in Belleville. For more information, call 244-0291.

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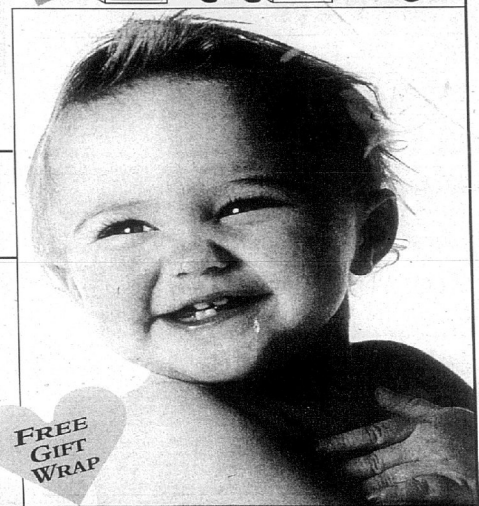
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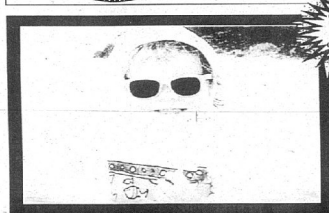
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Today's Food

Wednesday, May 21, 1997

Food & Nutrition

Wise Ways

Fancy 'cocktails' give calcium-rich milk a good name.
INSIDE

Heart-y Bites

Flavors of India come to U.S. by way of London on Chicken Tandoori.
INSIDE

Blue Ribbon Cook

Italian omelet sits on brown crust and holds pleasure of fresh asparagus.
INSIDE

Private Label Test Run

With Memorial Day this week, it's time to party. Testers give ready-to-dip guacamole a try.
INSIDE

Micro Raves

Turn a pound of ground beef and a hectic dinner schedule into a flavorful asset.
INSIDE

Fresh Picks

The plump sugar snap pea is a cross between snow peas and English peas. It was perfected when processors got tired of tackling the problem of snow peas buckling. The pea, completely edible, can be steamed, boiled, stir-fried, sauteed or eaten raw. The sweet taste and crunchy feel of the pea make it a perfect addition to vegetables in Oriental stir-fry, Italian-flavored pasta salad or simply crisped for dipping or filling. They keep a few days in the refrigerator, but don't let them dry out.

Health & Fitness

Lively Taste

Try a side dish with an Italian accent. Cook 12 ounces fettuccine, preferably with Italian flavor, according to package directions. Drain. Toss hot pasta with 2 cups chopped fresh tomato, 1/4 cup Italian salad dressing and 1/8 cup grated parmesan cheese. Serve immediately. Makes 4 to 6 servings.

Medicine Chest

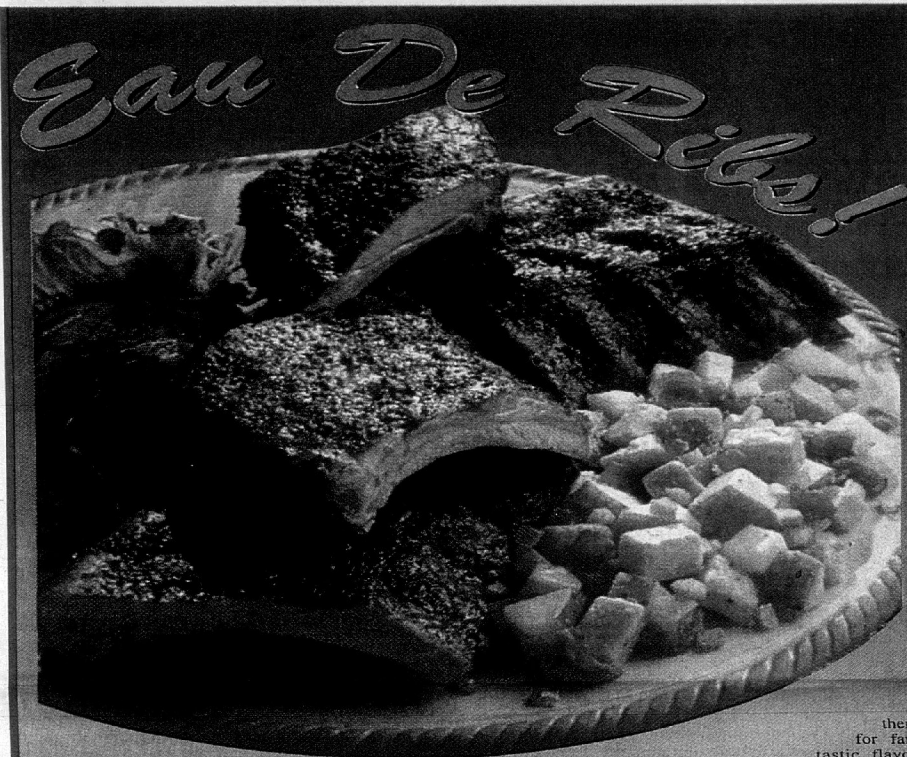
Pain of canker sores may be eased by new treatment of topical medication.
INSIDE

Big Fat Tip

A study in the May edition of the Journal of the American Dietetic Association reports healthy white infants aged 2 months to 2 years from middle- and upper-class families often are fed a low-fat diet. One-third of infants drank reduced-fat milk at 12 months, more than half of them drank it at 24 months. This is contrary to recommendations of experts who say children up to 2 years old should be given whole milk, rather than low-fat varieties, to help fuel the rapid growth of young children.

Future Shop

Soft or crisp, tortillas are big news. Look for flavored tortillas soon. According to representatives of Mission tortillas at the Food and Marketing Institute's recent convention, they already provide restaurants with tortillas in flavors with ethnic twists, so the retail market should not be far behind. Also exhibiting was Smokewood Foods, with its 'tubs,' corn tortillas shaped into curly-edged salad shells. It also markets a basket-shaped, fluted-edge, pastry shell with a sprinkling of confectioner's sugar ready to hold berries and other fresh fruits and a dollop of whipped cream.



By Janice Denham
Staff writer

Did you hear the story about the little pig that stopped on its way to market to meet John Dillinger? There was a case of mistaken identity and the little pig was grilled. Instead of Dillinger, it was Henry Ford inventing charcoal from leftover scraps at the forest where he made wooden parts for the Model T.

A grilling occasion of the '90s is much friendlier. And, yes, it was Ford who invented charcoal. Memorial Day kicks off the season of rib-tickling events that bring friends and family together in meal productions that occur under sunny skies and warm occasions.

By the end of the long season, there may be aromatic invitations to savor oddities from rattlesnack to raccoon, but it begins with tradition. That nod to a feeling of familiarity goes to ribs — lip-smacking, off-the-diet ribs that drip with flavor and need more than one napkin on the side.

Pork ribs come in three types. Baby back ribs are known for the finger meat between the rib bones. Spareribs are the least meaty, but most rib joints favor

them for fantastic flavor. Meaty, country-style ribs are the only ones that meet a knife and fork with any finesse. Allow about one-half pound country-style per person, twice the amount of other cuts.

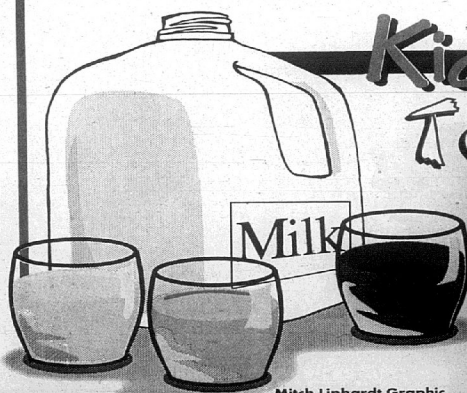
The longer and slower ribs are cooked, the better. On a grill, indirect heat helps this procedure. Bank medium-hot charcoal around the edges of a covered grill or on one side of the grill, or roast in a 350 degree oven 1-1/2 to 2 hours.

Some people brown ribs over the coals, then steam them in barbecue sauce until they are so tender they fall off the bones. Another way to develop their flavors is to rub all their sides with herbs and spices or cover them in flavorful mixtures to marinate overnight.

For efficiency, mix together a rub mixture that lets the cook sail through more than one event.

For a Mediterranean rub, combine the zest of 2 lemons, 1/3 cup thinly sliced garlic, 1/3 cup fresh rosemary leaves, 1/4 cup fresh leaf sage, 1/4 cup coarsely ground pepper and 2 tablespoons salt. Process in a food processor until garlic, herbs and lemon zest are finely chopped and ingredients are well combined. Store, tightly covered, in the refrigerator. This makes about 1 cup.

Just as a Model T needs more than an engine to SEE RIBS, INSIDE TODAY'S FOOD PAGE 2



Mitch Linhardt Graphic

Kids' Cuisine Technicolor Milk

Kids who don't want to drink milk may be willing to go for it in color. Add any flavor of juice — orange, berry, apricot or grape. Anything with carbonation adds a few bubbles and fizz. Put it in a blender with ice and the drink turns frosty. For a little bit of seedy flavor, blend with strawberries.

Today's Food

Private Label Test Run



Guacamole adds to the fresh feel of snacks enjoyed outdoors. These three — Calavo, Jalapeno and La Mexicana — were sampled along with an upstart, Mann's Broccomole.

Move out snacks and fun to feel content in the sun

Memorial Day is moving day, as entertainment goes al fresco. Sometimes snacks, like guacamole, are more fun when eaten outdoors.

For some occasional cooks, pulling guacamole off a shelf beats selecting avocados at peak softness, preparing the mixture in time to avoid discoloration and gathering ingredients. To evaluate what is available on the shelf, four products were brought in and tested with baked chips.

Three guacamoles — Jalapeno Sam and La Mexicana from the refrigerated section and Calavo from the freezer — were tested, along with a new product, an imposter, Mann's fat-free Broccomole, made with broccoli instead of avocado. Calavo also comes in an "original" frozen avocado dip. Some come in mild and spicy versions.

They all held color and flavor well throughout an extended sampling.

An overwhelming response turned out to be highly favorable to Broccomole.

"The Broccomole was a pleasant surprise. It doesn't taste like guacamole, but is very good in its own right. I thought it was very flavorful and you've got to love something you can snack on all day without feeling guilty," a taster summed up.

A 2-tablespoon serving of the three guacamoles runs from 3 to 5 grams.

The lack of real avocado flavor comes with the territory of guacamole not being made fresh, so the guacamoles get an "E" for "effort" in trying to make up for this with other options," a taster noted.

She pointed out Jalapeno Sam's and La Mexicana products both have distinguishable red flecks from peppers that make it attractive and offer alternatives to chunks of avocado. Calavo guacamole was consistently green. Each had its advocates.

"The Calavo is the freshest tasting," a taster said.

Another voted for it as her favorite.

"The Calavo is my favorite of the guacamoles because it is the spiciest. The other two were pretty good, but I would have preferred more punch," she said.

Another said had "real zip, almost a lemon flavor, and you can taste the avocado."

Jalapeno Sam received a couple votes as well. One taster thought it and La Mexicana left a "tingly" sensation after the sampling.

Prices ranged from \$1.79 to \$3.49 for different varieties, which are carried in different arrays at local stores. These were bought at Shop 'n Save and Schnuck Markets.

Micro Raves

'Pound of hamburger' puts dinner in fast lane

Want a quick dinner? Start with a pound of hamburger.

A budget-wise cook can create a wealth of taste with ground beef. Meatloaf, casseroles and ground beef patties all start with a "pound of hamburger" and bring versatility to the table. Celebrate May as National Hamburger Month. Try new and different ways to prepare hamburgers in a microwave oven.

When a recipe calls for ground beef, a microwave oven is the easiest and neatest way to cook it. Crumble ground beef in an even layer in a casserole dish or in microwave-safe colander over a bowl to catch the drippings, then microwave on high power 5 minutes.

Ground beef casseroles cook well in a microwave oven if they can be stirred. If the recipe suggests a cheese topping, add the cheese at the very end of cooking time when the casserole is completely done, so only melting is left in the process. Layered casseroles which cannot be stirred, such as lasagna, should be cooked under cover at a lower power level so they will be cooked completely in the center without overcooking the outside edges.

While hamburgers cooked outside on a grill are wonderful, they can be cooked in a microwave oven faster with no worry of flare-ups and burned burgers.

When the price is right, buy a large package of ground meat of the fat level desired. Shape meat into quarter-pounders. Lay them on a baking sheet covered with waxed paper. Freeze until solid. Package in recloseable freezer bags. Thaw only 1 hour before cooking, and the hamburgers are ready quickly for the grill or microwave.

Before freezing, spices, steak sauce or salsa can be worked into the meat for built-in flavor. Four thawed hamburger patties can be cooked in a microwave oven on high power 6 to 7 minutes. Individually-frozen hamburger patties are convenient when preparing casseroles, because the measuring is done, and the thawing is quick. They can be broken up for the recipe.

This hamburger casserole goes from package to table in 30 minutes. The macaroni cooks up tender and thickens the casserole as it cooks in the microwave oven. Add a tossed salad for a delicious, quick and easy supper on a busy day.

Home economist Judy Eddy specializes in microwave cooking.

wave cooking.

LAST-MINUTE DINNER DELUXE

- 1 lb. ground beef
- ¼ cup chopped onion
- ½ cup thinly sliced celery
- 1 can (14.5 oz.) diced tomatoes
- 1 cup canned peas, drained
- 1½ cups uncooked elbow macaroni
- 1 cup water
- ½ tsp. seasoned salt
- ½ tsp. garlic salt
- 1/8 tsp. pepper
- ¾ cup (3 oz.) grated cheddar cheese

Crumble ground beef into 2-quart microwave-safe casserole. Add onion and celery. Microwave on high power 6 to 7 minutes until meat loses its pink color. Stir to break meat into smaller pieces and to cook vegetables thoroughly. Drain off fat.

Add undrained tomatoes, peas, macaroni, water, garlic salt, seasoned salt and pepper. Cover with plastic wrap or lid. Microwave on high power 12 to 14 minutes, stirring twice. Stir in grated cheese.

Blue Ribbon Cook

Winning omelet holds treasure of asparagus

Norma Puleo, Ferguson, is winner of this week's recipe contest for Sicilian Omelet. The prize is dinner certificates from the Pasta House Co.

The recipe comes from her mother-in-law. She says it is a peasant dish that originally used a wild green, called gaiduna, gathered from pastures. In her version, she uses fresh asparagus as a meal-in-one spring delicacy. It makes a nutritious main dish for lunch served with crusty bread. A touch of Italian seasoning would emphasize its origin.

Recipes for the Macaroni and Spaghetti Recipe Contest can include any kind of hot or cold dish that type of pasta. Send an entry by May 31 to: Macaroni and Spaghetti Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Entries will be judged for a prize to be awarded each

Wednesday during June. Only one entry may be submitted.

Note: Last week's recipe for Sweet-Sour String Beans incorrectly said the dish could be served hot or cold. The recipe winner, Betty Barth, says she only would serve them heated.

SICILIAN OMELET

About 1½ lb. fresh asparagus

- 1 tsp. olive oil
- ½ cup seasoned bread crumbs
- 5 eggs
- ¼ tsp. salt

Trim and discard tough ends of asparagus. Cook in about ½ cup water or steam until barely tender. Do not overcook. Drain, if necessary.

Beat eggs with salt.

Coat medium-large skillet, preferably with non-stick surface, with olive oil. Warm over medium heat about 1 minute.

Sprinkle bread crumbs evenly over skillet surface. Arrange asparagus on top. Pour eggs over asparagus, covering evenly.

Lower heat. Cover with tight-fitting lid. Cook slowly until eggs are done. If desired, rotate skillet lightly midway through cooking to redistribute eggs from center to cook them at outer edge.

When omelet is done, use pancake turner to loosen edge and pass it under omelet to avoid sticking.

Place plate large enough to cover omelet over pan. Flip browned crumb-side up. Using serrated knife, cut in wedges to serve.

Medicine Chest

By REBECCA COLEY

New treatment for canker sores expected on the market soon

It seems like forever before those painful canker sores heal.

A startling 25 percent of the population, more women than men, experience canker sores. Not surprisingly, acidic foods — such as oranges and strawberries, or spicy or hot foods, like chili — can precipitate canker sores and irritate existing sores.

Treatments today are primarily anesthetizing agents. They numb pain

and some provide a layer of protection over the sore. These agents work to relieve the symptoms but they really do not attack the cause or promote healing.

A new oral paste, recently approved by the U.S. Food and Drug Administration, should be on the pharmacy shelf by year's end. Sold under the name Aphthasol, it will require a doctor's prescription to obtain it. The paste is

applied to dry canker sores four times a day for five days.

Clinical trials in more than 1,300 patients showed Aphthasol improved healing time of canker sores compared to those who applied a placebo paste. The only side effect reported was mild stinging.

Registered pharmacist Rebecca Coley is a board member of the Missouri Society of Health-Society Pharmacists.

Ribs

Continued from page 1C. run, ribs do not make the entire meal. Let their waiting aroma mesh with the colors and flavors of salads and vegetables to attract anyone hungry for summer.

Always follow a few simple rules.

Do not let food sit at room temperature more than two hours; that includes accumulated time before, during and after preparation. Chill foods meant to be cool; keep warm foods hot. Discard marinade used for meat. No cooking utensil or dish in contact with raw meat should touch any other food along bacteria to people eating.

For more rib grilling ideas, ask for a free brochure, "Rib Revelations: A Guide to Heavenly Ribs."

Send a self-addressed, stamped, business-size envelope to: Rib Revelations, National Pork Producers Council, P.O. Box 10383, Des Moines, Iowa 50306.

GRILLED FRUITY PORK RIBS

- 4 lb. pork back ribs (about 2 to 3 slabs)
- 1¾ cups soy sauce
- 1 cup apricot-pineapple preserves
- 1 cup pineapple juice
- Dash liquid smoke
- ½ cup pureed, cooked, dried apricots (or apricot baby food)
- ½ cup smooth peanut butter

Mix together well 1 cup

soy sauce, preserves, pineapple juice and liquid smoke.

Place ribs in large plastic bag. Pour marinade over ribs, seal bag and refrigerate 6 to 24 hours.

Prepare medium fire in covered kettle-style grill and bank fire. Cook ribs over indirect heat about 2 hours until meat is very tender.

Combine apricot puree, peanut butter and ¾ cup soy sauce. During last 20 minutes of cooking, baste ribs on both sides with glaze.

Makes 4 to 5 servings.

FENNEL-PEPPER BACK RIBS

- 1 slab pork back ribs (about ½ to 2 lb.)
- 2 tsp. black peppercorns
- 1 tsp. fennel seed
- 1 tsp. sage
- 1 tsp. salt

In blender or spice grinder, blend together well the pepper, fennel, sage and salt. Rub about 2 tablespoons rub (or to taste) over all surfaces of ribs. Store any remaining rub in tightly covered jar.

Prepare banked fire in covered kettle-style grill. Grill ribs over indirect heat, turning a couple times, about 2 hours until meat is very tender. Makes 2 servings.

DILLED CUCUMBER SALAD

- 1 large cucumber, thinly sliced
- ½ red onion, thinly sliced
- ½ cup white vinegar
- 2 tbsp. oil
- ½ tsp. seasoned salt
- 1 tsp. sugar
- 1 tsp. pepper
- 4 tbsp. chopped fresh dill weed

Place cucumber and onion in shallow bowl.

In small bowl, stir together vinegar, oil, seasoned salt, sugar and pepper, stirring until sugar dissolves. Pour over cucumber and onion. Stir in dill. Toss gently.

Let sit at room temperature 1 hour.

Makes 2 to 3 servings.

RED AND YELLOW POTATO SALAD

WITH BACON

- 1 large red potato
- 1 sweet potato
- Salt and pepper
- 2 tbsp. white wine vinegar
- 4 tsp. Dijon honey mustard
- ½ tsp. pepper sauce
- 4 tsp. olive oil
- 3 slices bacon
- ¼ cup finely chopped celery

Peel potatoes and cut in ½-inch cubes. Boil, or cook in microwave oven 7 to 8 minutes, until just tender. Drain. Season with salt and pepper. Place in medium bowl.

Whisk together vinegar, mustard, pepper sauce and olive oil.

Fry bacon. Drain and crumble. Toss with potatoes, dressing and celery. Makes 2 servings.

Wise W Fanc heal

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While men tsume more c women do, n thirds of adult t short of recom els. Most peop It has been nate observatio ing such inform particularly u tting myself else — to mak change in eatin

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Medical start wit

STRA

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Today's Food

Wise Ways

By CYNTHIA FAUSER

Fancy makeovers give healthy milk mustache

Most of us do not get nearly enough calcium. In fact, after the age of 11, no age group of females achieves even 75 percent of the calcium needed.

While men tend to consume more calcium than women do, nearly two-thirds of adult men still fall short of recommended levels. Most people can meet calcium requirements simply by drinking at least 3 glasses of milk a day.

It has been my unfortunate observation that knowing such information is not particularly useful in getting myself—or anyone else—to make a positive change in eating behaviors.

So stand aside, brain cells, it is time to talk to the taste buds.

Sure, milk is great with a meal, but there are many more ways to enjoy it. Skim milk makes a great base for cool summer refreshers. There are quick ideas trendy enough to attract even the taste buds of teens and young adults who feel they have outgrown milk. Adding new flavor twists converts people who think they do not like skim milk. These milk make-overs stand alone as between-meal energizers,

quick-start breakfasts, and even non-alcoholic offerings for cocktails.

For example, try icy cold low-fat or skim milk, plus one of the following:

- A splash of vanilla, almond, amaretto, maple or rum extract.

- One tablespoon fat-free hot fudge plus ¼ cup sparkling mineral water or club soda.

- One-half cup fresh or frozen strawberries, pureed.

- Two tablespoons orange juice concentrate and ½ teaspoon vanilla.

- Two teaspoons instant malted milk powder.

- In a blender or food processor, banana blended with ½ teaspoon honey and ¼ teaspoon vanilla.

- Two tablespoons fruit-flavored syrup.

I recently enjoyed milk flavored with hazelnut over crushed ice in a "rocks" glass. It was a real winner. Here's another flavorful option, courtesy of the St. Louis District Dairy Council. Enjoy one in front of the kids in a "cool" glass and they will beg to try some.

Registered dietitian Cynthia Fauser is nutrition specialist with University

Extension (University of Missouri system) in St. Louis County.

CARIBBEAN MILK COOLER

2 cups skim or 1 percent milk
2 cups unsweetened pineapple juice
1 tsp. vanilla
1 tsp. coconut extract
2 tsp. sugar
Ice cubes
Mint sprigs, if desired

In blender, combine milk, juice, vanilla, coconut extract and sugar. Blend on high speed until frothy. Pour into 4 tall glasses filled with ice cubes. Garnish with mint.

Variation: For thicker drink, freeze pineapple juice in ice cube tray. Blend pineapple cubes with other ingredients except mint. Omit regular ice cubes.

Makes 4 servings; 170 calories, 5 g protein, 39 g carbohydrate and no fat. This amount constitutes about one-half of one serving of calcium.

TURKEY AND NOODLE DINNER

Cook 6 ounces egg noodles according to package directions. In medium saucepan, combine noodles with 1½ cups cooked and diced turkey, 1 can (10½ ounces) cream of mushroom soup and 1 can (16 ounces) mixed vegetables with liquid. Add pepper to taste and, if desired, a pinch of sage. Simmer over medium heat until thoroughly warm. Makes 4 to 6 servings.

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Heart-y Bites

By PAUL OTT

Tandoori cooks chicken with flavors of India

My first experience with Indian cuisine was in London where I spent a semester of school. My aunt told me there was a little Indian restaurant which made a wonderful Tandoori chicken, but she could not remember the name.

I thought to myself, "I'll find it. How many Indian restaurants could there be in England?" After I arrived, I walked around the neighborhood. To my surprise, I discovered the Star of India restaurant with a large sign advertising Tandoori Chicken. I was pleased to find the restaurant so easily. I still remember all the colors, aromas and spices which made the vegetables, grains, and of course, the Tandoori chicken so enjoyable. This discovery of new flavors and cultural surroundings was pure delight.

Like usual, I went for walk after dinner to burn off a few extra calories I always seem to take in over a day. I walked a block or two down the street from the Star of India, when I ran across another restaurant, the House of India.

This was no coincidence.

There is a large Indian population in England, so restaurants with the fare of India are scattered not only throughout the city, but all over southern England.

The large number of Indian restaurants equaled the large number of recipes for Tandoori chicken. The name comes from the pot, a tandoor, in which the chicken is cooked. Basic methods of preparing Tandoori chicken are similar, but spices differ.

Fortunately for Americans, Tandoori chicken does not require a tandoor for excellent results. I've developed this one with the basic ingredients in Indian cooking that resemble the one I first tried at Star of India.

Registered dietitian Paul Ott is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

TANDOORI CHICKEN

5 skinless chicken breast halves
1 cup fat-free plain yogurt

½ tsp. chili powder
½ tsp. cumin powder
½ tsp. coriander powder
½ tsp. black pepper
¼ tsp. cloves
¼ tsp. cinnamon
Few drops red food coloring, if desired

Mix yogurt, chili powder, cumin, coriander, black pepper, cloves, cinnamon and food coloring in large bowl.

Using sharp knife, make slashes in chicken. Place seasoned yogurt in and over chicken. Turn chicken to coat it evenly with marinade. Refrigerate, covered, 12 hours, or even better overnight, re-coating chicken occasionally.

Discard marinade when ready to cook. Grill or bake the chicken.

To bake, place chicken in 13-by-9-inch pan, cover with foil and bake in preheated 375° oven 40 to 45 minutes.

To prepare whole chicken breasts, double yogurt and seasonings. Serve with seasoned rice or other Indian side dishes.

Makes 5 servings; 163 calories, less than 4 g fat, 28 g protein, 37 mg sodium and 75 mg cholesterol each.

Recipes

GRILLED MUSHROOM TURKEY BURGERS WITH SAUCE

1 lb. ground turkey
8 oz. fresh mushrooms, finely chopped (about 2 cups)
½ cup chopped onion
1 tsp. Worcestershire sauce
½ tsp. salt
3 tsp. plain low-fat yogurt

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3 tbsp. chopped mango chutney

In bowl, mix turkey, mushrooms, onion, Worcestershire sauce and salt. Shape into four (¾-inch thick) patties.

On preheated grill or broiler, cook burgers about 4 inches from heat about 5 minutes a side, until cooked through.

Combine yogurt and chutney. Serve with burgers. Makes 4 burgers; 173 calories, 8 g fat, 15 g protein and 10 g carbohydrate each.

CREAMY LEMON PIE

Single-crust pastry shell,

baked, or graham cracker crumb crust

3 egg yolks
1 can (14 oz.) sweetened condensed (not evaporated) milk
½ cup bottled lemon juice
Yellow food coloring, if desired

Whipped topping or whipped cream

Preheat oven to 325°.

In medium bowl, beat egg yolks. Stir in sweetened condensed milk, lemon juice and food coloring. Pour into prepared pastry shell.

Bake in preheated oven 30 minutes. Cool. Chill.

Spread with whipped topping. Garnish as desired.

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GLIK'S SHORTALLS 20% OFF

ENTIRE REGULAR PRICE STOCK

FASHION DENIM AND TWEED SHORTALLS IN JUNIOR & MISSES' SIZES. VARIOUS COLORS AND STYLES AVAILABLE.

BELLEMORE CENTER
MON.-SAT., 9:30-9 SUN., 12-6

GLIK'S CHARGE VISA MASTERCARD DISCOVER

CIONKO'S INC.
QUALITY MEATS
2901 MADISON AVE
451-5200 OR 451-5204
SAME LOCATION SINCE 1929
GOOD 5/21 thru 5/27/97

HOURS:
M-F 8AM-7PM
SAT 8AM-6PM
SUN 11AM-4PM

WE ACCEPT VISA MASTERCARD FOOD STAMPS

EXTRA LEAN GROUND BEEF 10% PKGS 99¢ LB
LESS THAN 10% . \$1.09

Great For Grilling CHUCK STEAK 99¢ LB
10# LIMIT

Super Special CHOPPED SIRLOIN 99¢ LB
IN 10# PKGS - LESS THAN 10% \$1.19
With Additional \$10 Purchase

REAL GROUND CHUCK 1.89 LB
IN 5# PACKS

GRADE "A" WHOLE FRYERS 49¢ LB
LIMIT 3 PLEASE

FAMILY PAK PORK STEAK \$1.29 LB

Holiday Favorites
Pork or Beef SHIS K-BOBS \$1.00 each
Marinated Chicken K-BOBS \$1.25 each
BBQ RIBS 3/12 Down \$1.89
Boneless BBQ RIBS \$3.49

USDA CHOICE RIB STEAK \$2.98 LB
BONE-IN

RIBEYE STEAK \$4.98 LB

41# FREEZER SPECIAL \$64.95
Average \$1.58 Per Pound
5 lbs. QUARTER LOIN CHOPS
4 lbs. SIRLOIN STEAK
5 lbs. BEEF ROAST (Arm or Chuck)
10 lbs. GROUND BEEF (12 lb pkgs)
4 lbs. PORK STEAK
5 lbs. BULK or 3 lbs. LINK SAUSAGE (Plain, Garlic Italian)
2 lbs. BACON
6 lbs. FRYERS (cut up)

HOMEMADE LINK SAUSAGE \$2.29
PLAIN GARLIC ITALIAN CAJUN

HOME MADE BRATS \$2.29
REG BRATS... \$2.29
BEER & CHEESE \$2.59
APPLE & KRAUT \$2.29

Today's Food

SUNSET SALAD

Pour 1 cup Italian salad dressing of desired fat level over 1 can (12 ounces) artichoke hearts, drained and quartered; 12 slices tomato, and ½ cup green bell pepper chunks. Cover. Marinate in refrigerator several hours. Drain vegetables, reserving marinade. On lettuce-covered plate, arrange tomato and 1 avocado, peeled and sliced, in pinwheel design. Top with artichoke hearts and green pepper. Serve with marinade. Makes 4 servings.

Suburban Journals
FAMILY FOUR PACK
4 Tickets
 (2 Adult Lawn Tickets, 2 Kids Under 12 Lawn Tickets)
4 Soft Drinks
 (4 Twenty Ounce Sodas)
4 Popcorns
 (4 Regular Size Popcorns)
1 Low Price: \$25!

SOUTHWEST AIRLINES
SUMMERFEST

SAVE OVER 50%!

Chicago AND **The Beach Boys**

FRIDAY, MAY 30 • 8:00PM
RIVERPORT Amphitheatre

It's The Best Part Of Summer!

Offer available only through the Riverport Amphitheatre Box Office or by calling DIALTIX at 314-909-1800 (Ask for Suburban Journals Operator). Offer ends May 26, 1997.

HIT-N-RUN FOOD STORE
 Ad Good May 20 thru Memorial Day
STAY IN YOUR CAR LEAVE THE WALKING TO US!
 We Reserve The Right To Limit All Sale Merchandise
 WE ACCEPT FOOD STAMPS AND MANUFACTURERS COUPONS

OPEN ALL DAY MEMORIAL DAY!

DARE 10¢ from each D.A.R.E. cup sold goes to your local D.A.R.E. program.

44 oz. Fountain Soda **\$1.09**

Nestle DARE TO CARE
FREE SNACK SIZE WITH EACH D.A.R.E. CUP SOLD WHILE THEY LAST

SURGE **99¢** TWO LITER BOTTLES

CLASSIC COKE **59¢** 20 OZ. BOTTLE COLD & REFRESHING

DIET COKE **59¢** 20 OZ. BOTTLE COLD & REFRESHING

SPRITE **59¢** 20 OZ. BOTTLE COLD & REFRESHING

FRUIT DRINK **79¢** GALLON

2% MILK **\$2.09** GALLON

Milwaukee's Best **4.19** COLD 12 PACK CANS

Old Milwaukee **69¢** 24 OZ. CAN While They Last

BUD LIGHT **69¢** COLD 12 PACK CANS

SLAM DUNK **FREE** BUY 1, GET 1 FREE Trading Cards Plus A Nestle Crunch Special Molded Bar!

North Star **39¢** COOKIES & CREAM ICE CREAM SANDWICHES

HOLIDAY SPECIAL **PRINGLES & SOUR CREAM** **\$1.49** OR CHIP DIP 8 OZ. DIP

BOONE'S WINES **\$1.79** COLD 750 ML.

JACK DANIEL'S **\$3.49** COUNTRY COCKTAILS COLD 4 PACK

SOUTHERN COMFORT **\$6.49** 750 ML.

YOUR Basic SPECIAL OFFER **3 Packs For \$2.99** Pre-Assembled 3 Packs Only Selected Styles - While They Last

MARLBORO UNLIMITED **\$1.85** Per Pack **MARLBORO** CARTON \$16.79

Free Marlboro Race Cap with 3 Pack Purchase While They Last

GPC Super Low Price **\$1.39** Per Pack **GPC** **\$11.89** Per Carton

Box Kings & 100's **\$1.59** Per Pack **KOOL** **\$1.69** Per Pack

WE ARE CELEBRATING THE OPENING OF OUR STORE IN THE NEW ALTON SQUARE WITH A GRAND OPENING

NO SPECIAL PURCHASES JUST EVERYDAY LOW PRICES

REGISTER AT EITHER STORE FOR A FREE DRAWING ON A

• NO PURCHASE NECESSARY
 • MUST BE 18 YEARS OLD TO ENTER
 • NEED NOT BE PRESENT TO WIN
 • DRAWING TO BE HELD JUNE 8, 1997

RETAIL VALUE \$690

CROWN ARMCHAIR
 • TOP ADJUSTABLE
 • VOR SHELF
 • ADJUSTABLE
 • 100% U.S.A.
 • NO PARTICLE BOARD
 • REC. \$750

NOW ONLY \$439

3 PIECE HOME THEATER GROUP
 • 70" wide 73" high
 • Solid Oak Facets & Hardware
 • 3 Piece Group
 • Center Piece has Glass Shelves & Lights
 • INTRODUCING OFFER
 • IMMEDIATE FACTORY PRICE

\$1,295

SOLID OAK PORCH SWING 4' OR 5'

\$39

CHINA HUTCHES IN SOLID OAK
 36" \$425
 42" \$540
 54" \$649
 60" \$725
 72" \$899

AVAILABLE IN LONG DOOR, MIRROR & LEADED GLASS HARDWARE MAPLE

OAK PIER GROUP
 100% U.S.A.

\$365

HOME THEATER
 3 CHOICES AT BAREWOOD
 1. SOLID OAK ENTERTAINMENT CENTER
 2. SOLID OAK ENTERTAINMENT CENTER
 3. SOLID OAK ENTERTAINMENT CENTER

\$1,590

Solid Oak 5 P.C. BEDROOM SUITE
 Includes: 1 Queen Bed, 2 Dressers, 2 Nightstands, 1 Mirror
 100% U.S.A.
 100% Oak
 100% Maple

\$970

Solid Oak Bedroom Suite
 Includes: 1 Queen Bed, 2 Dressers, 2 Nightstands, 1 Mirror
 100% U.S.A.
 100% Oak
 100% Maple

\$1,090

ANTIQUE REPRODUCTIONS
 SOLID OAK OVER 100 ITEMS TO CHOOSE FROM
 SOLID OAK LAMP TABLE
 SOLID OAK CHAIR
 SOLID OAK STOOL
 SOLID OAK BENCH

\$69 \$99 \$119

QUEEN ANNE COFFEE & END TABLES
 100% U.S.A.
 100% Oak

\$99

COUPON
15% OFF
 All Regular Priced and In Stock Items
 Excludes Sale Items, Prior Sale Items, Special Priced Items.
 Expires May 31, 1997

BAREWOOD FURNITURE GALLERY

COLLINSVILLE, IL 1974 S. VANALBA, ORCHARD SHOPPING CENTER, 1 MI. SOUTH OF 55, 70 ON HWY. 159, 315-345-0316

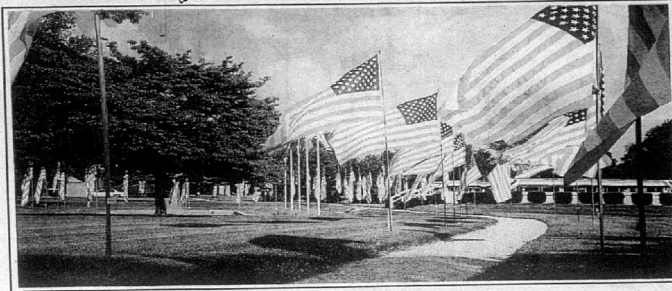
ALTON SQUARE 313 ALTON SQUARE, ALTON, IL 61824, 618-463-9316

FACTORY FINISH READY TO FINISH

STORE HOURS MON 10-7, TUE-SAT 10-8, SUN NOON-5

FREE 90 DAY LAYAWAY 0% INTEREST - UP TO ONE YEAR - RAISE CHECKS ISSUED - WE ACCEPT ALL COMPETITOR'S COUPONS - PRICES GOOD TUE 5-53-97

Today's Food



Come See The Avenue Of Flags

Memorial Day • Monday, May 26, 1997

2992 FLAGS

Make this Memorial Day Memorable! Valhalla Gardens of Memory and Mausoleums invites you to see the Avenue of Flags - a 2992-flag tribute to Veterans. These original veterans flags which date back from the Spanish American War to the Vietnam War, will line the avenues and gardens within Valhalla on Monday, May 26th. Your viewing The Avenue of Flags will honor the memory of veterans departed. Flags will fly 9:00 A.M. - 6:00 P.M. weather permitting.

★★★★★★★★★★
IN MEMORIAM
Ovalton hours,
who to your glory came
Through dust of conflict
an through battle flame;
Tranquil you lie,
your knightly virtue proved,
your memory hallowed,
in the land you loved.
★★★★★★★★★★
—Arkwright

1406 SOUTH 59TH STREET
BELLEVILLE, ILLINOIS 62223
(618)-233-3110

Valhalla
Gardens of Memory and Funeral Home

Recognizing Over Sixty-Seven Years of Family Service To Our Community.
Affiliated with SCI Illinois Services, Inc.

Mom, pass macaroni and cheese please!

Macaroni and cheese is a food filled with contentment for all generations. In particular, that includes the St. Louis area.

As simple as it is to prepare from scratch, it is probably one of the best known dishes "from the box" as well.

A one-dish meal like macaroni and cheese fills the requirements for a busy cook, as well as those who come to the home table. It takes only a few minutes to prepare and cook, uses a minimal number of ingredients and appeals to everyone without coaxing.

Often it is the mom in a family who regularly faces the dilemma of fulfilling these expectations. As a bonus to a few moms who seem to do the job exceptionally well, Velveeta will reward moms in 18 cities across the country, including the St. Louis metropolitan area.

The goal is to treat a mom who goes the extra mile in juggling family and work schedules and still finds time to prepare meals her family loves. Each "Are You a Velveeta Mom?" contest winner will receive a \$1,000 cash prize and a six-month supply of Velveeta process cheese spread. Another set will receive Velveeta products.

A mom, or anyone who wants to nominate a mom, can enter the contest by writing in 100 words or less why she or the nominee should be considered a Velveeta mom.

Send the two parts of the entry in a single envelope, one entry per envelope.

First, write the name,

address, age and daytime phone number of the person composing the nomination on a 3-by-5-inch piece of paper. On a separate sheet of paper, type or hand print the statement naming the nominee, if it is different than the person writing — which will be judged on creative writing and originality. Send them to: Are You a Velveeta Mom?, P.O. Box 11388, Chicago, Ill. 60611. Deadline for entries is Sept. 1.

Perhaps a plate of macaroni and cheese will provide inspiration. Here are easy variations on the comforting theme.

CHEEZY CHICKEN AND BROCCOLI MACARONI

4 boneless skinless chicken breast halves (about 1 1/4 lb.), cut in chunks

1 can (13 1/2 oz.) chicken broth

1 pkg. (7 oz.) uncooked elbow macaroni

3/4 lb. (12 oz.) process cheese spread, cut up

1 pkg. (10 oz.) frozen chopped broccoli, thawed

In large skillet coated with nonstick cooking spray, cook and stir chicken 2 minutes or until no longer pink.

Stir in broth. Bring to boil. Stir in macaroni. Reduce heat to medium-low. Simmer, covered, 8 to 10 minutes until macaroni is tender.

Add cheese spread and broccoli. Stir until cheese is

melted and macaroni is hot.

Makes 6 servings.

SALSA MAC 'N' CHEESE

1 lb. lean ground beef
1 jar (16 oz.) chunky salsa
1 1/4 cups water
1 pkg. (7 oz.) uncooked elbow macaroni
3/4 lb. (12 oz.) process cheese spread, cut up

Brown meat in large skillet. Drain.

Add salsa and water. Bring to boil. Stir in macaroni. Reduce heat to medium-low. Simmer, covered, 10 to 15 minutes until macaroni is tender.

Add cheese. Stir until melted.

Makes 6 servings.

TUNA MAC

2 cups water
2 cups (8 oz.) uncooked elbow macaroni

3/4 lb. (12 oz.) process cheese spread, cut up

1 cup frozen vegetable blend

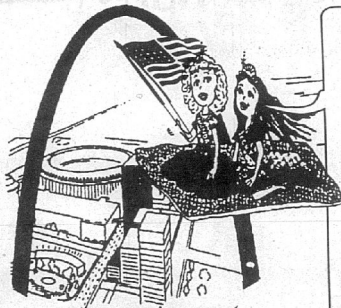
1 can (6-1/8 oz.) tuna, drained, flaked

2 tbsp. milk

Bring water to boil in saucepan. Stir in macaroni. Reduce heat to medium-low. Simmer, tightly covered, 8 to 10 minutes until macaroni is tender.

Add cheese, vegetables and tuna and milk. Stir until cheese is melted and mixture is thoroughly heated.

Makes 4 servings.



**LARGEST
IN-STOCK
NAME BRAND
INVENTORY ON
CARPET, VINYL,
TILE, CERAMIC,
WOOD, RUGS &
REMNANTS!**

**Hey Wanda!!
Do You Know What Has
JUST ARRIVED?**

A Huge **NEW** Selection of
1st Quality

BERBER CARPET

In the latest Styles & Colors
Great for Any Room

FOR ONLY \$5.95
Sq.Yd.

10 Year Wear Guarantee

Guaranteed Professional Installation Available

**FOR RICH MAN'S CARPET AT
A WORKING MAN'S PRICE!**



Becky
"Queen of Carpet"

There's Still Time to WIN FREE
CARDINAL BASEBALL TICKETS
Come by and Enter Today!

Locally Owned & Operated for Over 50 Years
4 GIANT LOCATIONS TO SERVE YOU

SOUTH COUNTY
**Becky's CARPET & TILE
SUPERSTORE**
10697 Baptist Church Rd.
1 Blk. S. of Lindbergh
314-849-3366

NORTH COUNTY
**CARPET & TILE
BARGAINS**
7301 N. Lindbergh Blvd.
Hazelwood, MO
314-838-7100

FAIRVIEW HEIGHTS
**ROTHMAN
CARPET**
2001 W. Hwy 50
Fairview Hgts., IL
618-624-2004

COLLINSVILLE
**VETERAN'S
CARPET**
6401 Collinsville Rd.
Collinsville, IL
618-271-3340



Wanda
"Princess of Tile"

Store Hours:
Daily 9am-9pm
Sat 9am-6pm
Sun 11am-5pm

LOWEST MEAT PRICES

Family Pack
T-Bone Steak **\$3.99** Lb.



Whole Butt
Pork Steaks **99¢** Lb.

10 Lb. Bag
Ground Beef **99¢** Lb.

USDA
Chuck Steak **\$1.59** Lb.

Extra Lean
Country Style Ribs **\$1.49** Lb.

3 to 4 Lb. Lean
Spare Ribs **\$1.69** Lb.



Applebees Style
Riblets **\$1.49** 10 Lb. Box

Homemade Family Pack
Bratwurst **\$1.89** Lb.

Grade "A" Whole
Chicken Breast **99¢** Lb.

OPEN MEMORIAL DAY
8 AM - 6 PM
4089 Pontoon Road - 931-1213

LEROY'S

Prices Good 5/21 Thru 5/27/97
We Reserve The Right To Limit



Maull's
BBQ Sauce
3 \$5 FOR

24 Oz. Bottle

Bunny
Hot Dog or Hamburger
Buns

Sale Price 69¢

9¢ With 1 Price Breaker Card

8 Ct. Pkg.

Pepsi Cola

24 Pack Cube Limit 2

\$4.99

Soft & Gentle
Bathroom Tissue

Sale Price 79¢

19¢ With 1 Price Breaker Card



Steakhouse
Charcoal **\$3.99** 20 Lb. Bag
Kraft Deluxe Mac & Cheese or
Velveeta Shells & Cheese **2/\$3** 9.5 to 14 Oz. Box
Heavy Duty Reynolds Wrap **\$1.29** 37.5 Sq. Ft.

Showboat
Pork N Beans **3/\$1.00** 15 Oz. Cans
Delmonte
Ketchup **2/\$3.00** 40 Oz. Bottle
Heifets
Sweet Relish **99¢** 16 Oz. Jar

Frozen Food & Dairy Dept. SAVINGS



Prairie Farms
Ice Cream **\$2.99**

Gallon Bucket

Green Giant
Corn on Cob **99¢** 6 Ears

Prairie Farms
Fruit Drink **79¢** Gallon Jug

Kraft
Velveeta Cheese **\$3.69** 2 Lb. Box

Texas Sweet
Cantaloupe

98¢ Each



New Crop
Peaches **\$1.28** Lb.
Dole
Salad Mix **88¢** 1 Lb. Bag
Red or White Seedless Grapes **\$1.69** Lb.

Texas Sweet
Cantaloupe **98¢** Each
Vine Ripe
Salad Tomatoes **68¢** Lb.
10 Lb.
Russet Potatoes **\$1.68** Bag

Kraft
Squeeze Mustard
Sale Price 2 for \$1.00
1¢ With 1 Price Breaker Card
8 Oz. Bottle

Rainbow
Paper Plates
Sale Price 89¢
9¢ With 1 Price Breaker Card
100 Count

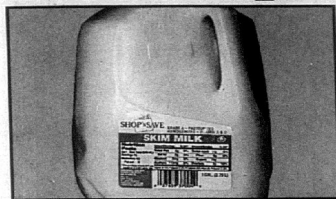
Liquor Dept. SAVINGS



Bud Bud Light **\$6.99**

12 Pk.
Miller Light **\$12.69** 24 Pk.
Something Fresh
Zima **\$4.29** 6 Pk.
Seagram's
V.O. **\$8.99** 750 ML
Bartie's & James
Wine Coolers **2/\$5** 4 Pk. Btls.

Shop 'n Save®



SHOP 'N SAVE
1/2% or
Skim Milk

1.99
GALLON



24-PACK CANS, SPRITE
Coca-Cola Classic
or Diet Coke

3/999
2-LTR. BTL. 79¢
24/12-OUNCE CANS
LIMIT 3 WITH ADDITIONAL
\$25.00 PURCHASE

Total Value FOR YOUR MEMORIAL DAY COOKOUT

For Your Convenience Open Memorial Day



ASSORTED VARIETIES
**Maull's
Barbecue Sauce**

99¢
24-OZ. BTL.
LIMIT 2 WITH ADDITIONAL \$10.00 PURCHASE

HOT DOG OR HAMBURGER
Bunny Buns..... **83¢**
8-CT. PKG.

SHOP 'N SAVE
White Sandwich Bread **99¢**
24-OZ. LOAF

WAVY LAY'S OR
Lay's Potato Chips **2/395**
14-OZ. BAG



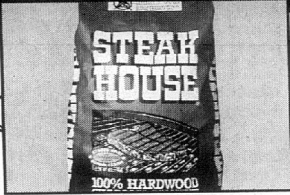
OUR LOW SALE PRICE 69¢
**Del Monte
Ketchup**

49¢
28-OZ. BTL.
AFTER 20¢ OFF COUPON AVAILABLE IN-STORE

Sunshine Cheez-Its..... **228**
24-OZ. BOX

ASSORTED VARIETIES
Pringles Potato Crisps..... **99¢**
6-7 OZ. PKG.

CRUSHED
Red Gold Tomatoes..... **3/\$1**
15-OZ. CAN



100% HARDWOOD
**Steakhouse
Charcoal**

2.97
20-LB. BAG

Gulf Charcoal Lighter..... **1.99**
32-OZ.

WHITE DINNER OR
COMPARTMENT
Chinet Plates..... **2/\$4**
15-CT. PKG.

BREAD & BUTTER
OR KOSHER
SANDWICH SLICED
Heifetz Pickles..... **2/\$3**
16-OZ. JAR

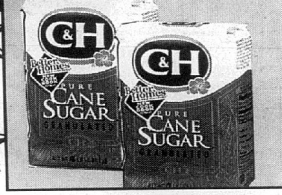
Campbell's Pork N Beans..... **5/97**
11-OZ. CAN

Bush's Baked Beans..... **99¢**
28-OZ. CAN

WHITE CHEDDAR
Cape Cod Popcorn..... **3/199**
3.5-OZ. BAG

F.A.C.
Bi-Rite Coffee..... **5.99**
34.5 OZ. CAN

SPAGHETTI OR SPAGHETTI O'S
Franco American..... **2/\$1**
14.75-15 OZ. PKG.



GRANULATED
**C&H
Sugar**

2/\$3
4-LB. BAG

ASSORTED VARIETIES
Sunny Delight Citrus Punch **99¢**
64-OZ. BTL.

FRENCH ONION DIP OR
Prairie Farms Sour Cream..... **99¢**
PINT

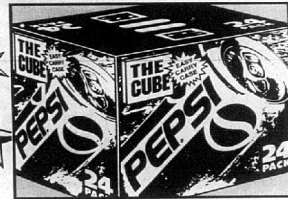
FROZEN
Flav'R-Pac Lemonade..... **3/\$1**
12-OZ. CAN

North Star Patriot Pop..... **98¢**
12-PACK

ASSORTED VARIETIES
Lucia's Pizza..... **3/999**
17-22.5 OZ. PKG.

EVERYDAY LOW PRICE
ASSORTED VARIETIES
Pet Ritz Creme Pies..... **99¢**
14-OZ. BOX

EVERYDAY LOW PRICE
Heifetz Sweet Pickle Relish..... **2/\$1**
10-OZ. PKG.



24-CAN CUBE
**Pepsi, Diet Pepsi
or Mountain Dew**

4.88
24/12-OZ. CANS
2-LTR. BTL. 79¢

ASSORTED VARIETIES
Prairie Farms Ice Cream..... **2.95**
GALLON BUCKET

ASSORTED VARIETIES
NATURALLY RISING
Jack's Pizza..... **2/595**
27.75-40 OZ. PKG.

RED BOX
Stouffers Entrees..... **3/495**
10-12 OZ. PKG.



**Style
Hair Spray**

44¢
7-OZ. CAN
LIMIT 2 WHILE SUPPLIES LAST

ASSORTED VARIETIES
Jergen's Lotion..... **2/\$3**
10-12 OZ. BTL.

BODY WASH REFILL
CARESS, DOVE OR
Lever 2000..... **3/999**
10-12 OZ. PKG.

GALLON OR QUART
Ziploc Storage Bags..... **2/\$3**
15-25 CT. PKG.



9
Lb.
9
Lb.
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Lb.

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1.00
3.00
99¢

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1.269
\$4.29
\$8.99
2/\$5

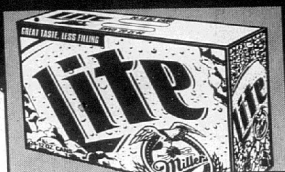
Liquor Prices
Good at Illinois
Stores Only.
Some items not
available at all stores.

Shop'n Save Liquor Dept. VALUES!



REGULAR, LIGHT,
ICE OR ICE LIGHT
Budweiser

637
12/12-OZ. CANS



GENUINE DRAFT, MILLER OR
Miller Lite

1177
24/12-OZ. CANS

Shop'n Save Health & Beauty VALUES!



CONDITIONER OR
Cortexx
Shampoo

2/\$5
12-OZ.
BTL.



Zantac
75 mg

199
10-CT.
PKG.

REGULAR, LIGHT OR DRY
Michelob...

997
18/12-OZ. CANS

N.A. BEVERAGE
O'Doul's.....

597
12/12-OZ. CANS

GENUINE DRAFT, MILLER OR
Miller Lite.....

629
12-N/R BTL.

Red Dog or
Icehouse.....

299
6-L/N
N/R BTL.

REGULAR, LIGHT OR ICE
Milwaukee's
Best.....

369
12/12-OZ.
CANS

Zima.....

419
6-L/N
N/R BTL.

REGULAR OR DARK
Heineken.....

499
6-N/R BTL.

Shop'n Save.
Bringing Home
Family Values!

As part of our community
responsibility, anyone under the age
of 30 intending to purchase
alcoholic beverages or tobacco
products must provide specific
photo I.D. that includes birth date.
Please-Be Responsible
Don't Drink & Drive

Tropical
Freezes.....

79¢
EACH

OUR LOW SALE PRICE 2/\$5
Bacardi
Breezers.....

2/\$2
4-PACK
AFTER \$3.00 OFF MAIL-IN REBATE AVAILABLE IN-STORE

OUR LOW SALE PRICE \$10.79
Seagram's
Gin.....

779
1.75-LTR. BTL.
AFTER \$3.00 OFF MAIL-IN REBATE AVAILABLE IN-STORE

EXCEPT HOT DAMN 100 PROOF
DeKuyper
Schanpps.....

599
750-ML. BTL.

OUR LOW SALE PRICE \$8.99
Gordon's
Vodka.....

699
1.75-LTR. BTL.
AFTER \$2.00 OFF MAIL-IN REBATE AVAILABLE IN-STORE

T.G.I.F
Cocktails.....

999
1.75-LTR. BTL.

SILVER OR AMBER
Bacardi
Rum.....

1397
1.75-LTR. BTL.

OUR LOW SALE PRICE 2/\$5
B&J or Seagram's
Wine Coolers.....

2/\$3
4-PACK
AFTER \$2.00 OFF MAIL-IN REBATE AVAILABLE IN-STORE

SELECTED VARIETIES OR
Paul Masson
White Zinfandel... 2/\$5

2/\$5
1-LTR.
CARAFE

SELECTED VARIETIES
Franzia
Wine.....

679
5-LTR. BOX

OUR LOW SALE PRICE \$8.39
Centrum
Multi-Vitamins.. 739

AFTER \$1.00 OFF COUPON AVAILABLE IN-STORE
ORIG. COOL MINT OR FRESH BURST
Listerine
Mouthwash.... 299

TARTAR OR COOL MINT
Listerine
Toothpaste.... 2/\$3

4.8-OZ.
PKG.

36-CT. PLUS OR 40-CT.
Efferdent..... 139

REGULAR OR
HIGH PROTEIN
Ensure..... 699

Aquafresh Flex
Toothbrush..... 119

EACH

Bakery, Seafood & Deli Dept. VALUES!



COLE SLAW, MACARONI SALAD,
OR AMERICAN OR MUSTARD
Potato Salad

97¢
lb.

POTATO SALAD \$3.59 4-LB. CTN.

Swift
Hard Salami..... 299

Alpine Lace
Swiss Cheese.... 399

Snow Crab
Clusters..... 299

lb.

Hamburger or
Hot Dog Buns

99¢
8-CT.
PKG.

LEMON, COCONUT OR CHOC.
Meringue
Pies..... 2/\$7

Lonestar
Sweet Rolls..... 399

Fresh Salmon
Steaks..... 497

lb.

Photo Processing

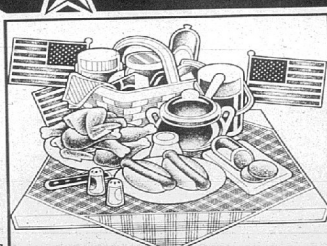
Your Choice of Single Prints Plus
FREE FILM or DOUBLE PRINTS



379
EVERYDAY
24-exp.
3 1/2 inch prints

Picnic Values

Not all items available in all stores



28-QUART
Foam
Ice Chest
129
EACH

16 OR 26-OZ. SOFT BAG
Freez-Pak
Reuseable Ice

99¢

6-INCH
Patty-O- Pail Deco
Citronella Candle
2/\$7

ASSORTED VARIETIES
Fluted Plastic
Tumblers

5/\$1
20-OZ.
SIZE

Brazilia
Resin Chair
2/\$9

Holiday Values

From Shop 'n Save And Kraft



REG., LIGHT OR FREE
**Kraft
Miracle Whip**

147
32-OZ. JAR
LIMIT 1



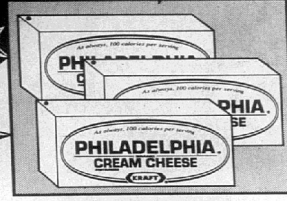
ASSORTED VARIETIES
**Kraft Salad
Dressing**

3/\$5
16-OZ.
BTL.



REGULAR OR FINE SHREDDED
**Kraft Shredded
Cheese**

3/\$5
8-OZ.
PKG.



REGULAR OR LIGHT
**Kraft Philly
Cream Cheese**

79¢
8-OZ.
BRICK



KRAFT DELUXE MACARONI & CHEESE OR
**Kraft Velveeta
Shells & Cheese**

3/\$5
9.4-14
OZ. PKG.



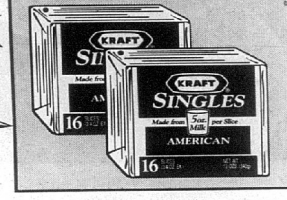
REGULAR, LIGHT OR FAT FREE
**Kraft
Mayonnaise**

147
32-OZ. JAR
LIMIT 1



**Kraft Thick
Velveeta Slices**

199
12-OZ. PKG.



2% MILK SINGLES OR
**Kraft
American Singles**

2/\$3
12-OZ.
PKG.



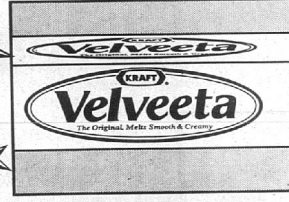
ASSORTED VARIETIES
**Kraft
Pasta Salad**

3/\$5
9-11.15 OZ.
PKG.



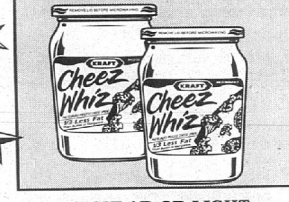
COUNTRY KITCHEN
**Log Cabin
Syrup**

2/\$3
24-OZ.
BTL.



EVERYDAY LOW PRICE
PRE-PRICED \$3.99
REGULAR OR LIGHT
Kraft Velveeta

387
32-OZ. PKG.



REGULAR OR LIGHT
**Kraft
Cheez Whiz**

299
16-16.5 OZ. PKG.

BACON BITS OR PIECES
**Oscar Mayer
Bacon Bits**

139
2.8-3 OZ.
PKG.

STRAWBERRY OR CHERRY
**Kraft Handi
Snack Gels**

79¢
4-PACK

GRATED
**Kraft Parmesan
Cheese**

299
8-OZ.
CAN

LIGHT N LIVELY OR
**Breakstone
Cottage Cheese**

179
24-OZ.
CTN.

ASSORTED VARIETIES
**Birds Eye
Cool Whip**

98¢
8-OZ.
PKG.

**Breyer's
Yogurt**

2/\$1
8-OZ.
PKG.

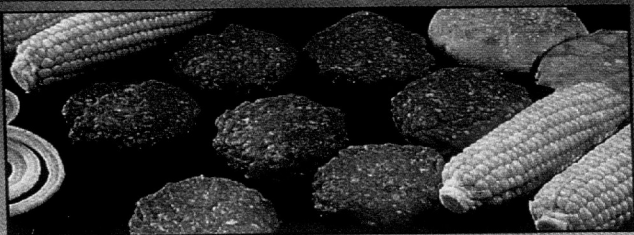
ASSORTED VARIETIES
**Kraft Chunk
Cheese**

3/\$5
8-OZ.
PKG.

REGULAR OR FAT FREE
**Breakstone
Sour Cream**

79¢
16-OZ.
CTN.
05213A

Shop 'n Save®



FAMILY PACK
Ground
Beef

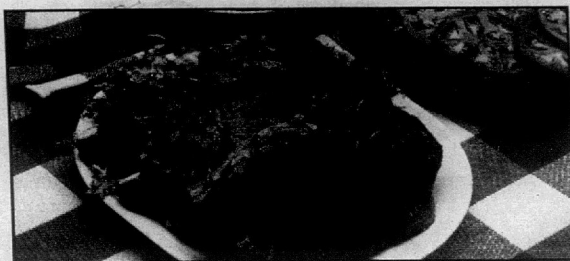
97¢
lb.

LIMIT 3 PKGS.

FAMILY PACK
Ground
Chuck

127
lb.

LIMIT 3 PKGS.



PORK BUTT
SLICED INTO
Pork
Steaks

97¢
lb.

LIMIT 3-PACKAGES
WITH \$10.00 ADDITIONAL PURCHASE

FAMILY PACK
CENTER CUT
Pork
Steaks

127
lb.



FAMILY PACK
Pork
Cutlets

199
lb.

ORIGINAL, BEER OR ITALIAN
Johnsonville
Bratwurst..... **339**
19.75-OZ. PKG.

Kahns Chunk
Braunschweiger **99¢**
1-LB. PKG.

ALL VARIETIES
WITH 25¢ ON PACK COUPON
Hillshire
Smoked Sausage **194**
1-LB. PKG.



CALIFORNIA
Red-Ripe
Strawberries

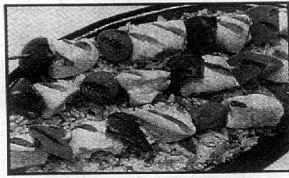
388
1/2 flat
6-DRY PINT FLAT

California
Peaches..... **98¢**
lb.

12-CT. SIZE
California
Cantaloupes..... **138**
EACH

Vidalia
Sweet Onions... **58¢**
lb.

Hot House
Tomatoes..... **98¢**
lb.



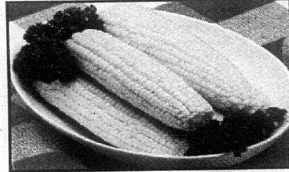
HUDSON ALL NATURAL
Boneless Skinless
Chicken Thighs

169
lb.

CHICKEN, PORK OR BEEF
Lloyd's Tub
Barbecue..... **599**
2-LB. TUB

REGULAR OR LITE
Hygrade Ballpark
Franks..... **139**
1-LB. PKG.

Natures Best
Fried Chicken... **2/\$4**
25-OZ. PKG.

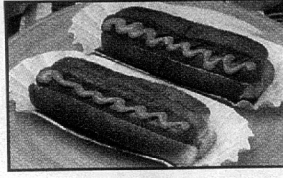


FLORIDA, IN HUSK
Sweet Yellow
Corn

8/88

Dole Cole
Slaw Mix..... **98¢**
1-LB. PKG.

Mann's
Broccoli Slaw... **128**
1-LB. PKG.



JUMBO
Farmland
Deli Franks

89¢
1-LB. PKG.

LINKS
Farmland
Smoked Sausage **99¢**
12-OZ. PKG.

ALL MEAT
Hunter
Hot Dogs..... **69¢**
12-OZ. PKG.

COOKED SALAMI OR
Hunter Sliced
Bologna..... **129**
1-LB. PKG.

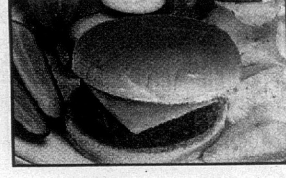


Dole Classic
Salad Blend

198
3-LB. PKG.

REGULAR, LITE OR FAT FREE
Marzetti's
Slaw Dressing **238**
15-OZ. JAR

Birds-Eye
Vegetable Dips... **198**
16-OZ. CTR.



Circle "A"
Beef Patties

399
5-LB. BOX

FROZEN TENDERBIRD
Chicken Wing
Drumettes..... **399**
3-LB. BAG

Farmland
Sliced Bacon... **219**
1-LB. PKG.

WHOLE OR ICICLE
Claussen
Pickles..... **229**
2-LB. JAR

Try These
Exotic Varieties!
NOT AVAILABLE AT ALL STORES

FRESH
Daikon **98¢**
lb.
HYDROPONIC
Bibb Lettuce ... **98¢**
12-OZ. PKG.
FRESH
Portabella Caps. ... **238**
8-OZ. PKG.
TRAYED
Dried Apricots ... **248**
lb.
MELISSA
Spanish Rice..... **278**
8-OZ. PKG.
MELISSA
Penguin..... **248**
8-OZ. PKG.



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Better Health

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* WE RESERVE THE RIGHT TO LIMIT * NO SALES TO DEALERS

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location f
your best

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95 CHE
800A-Bla
Power Roa

93 C

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What A Combination!
Great for a vacation
or just a trip to the
supermarket.

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YUKON today!

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Largest GMC
Truck & Van
Dealer!



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96 Pont. Grand Prix \$13,773
26xxx MI., Loaded



90 Buick LeSabre \$8,585
17,000 MI.



93 T-Bird Super Cpe. \$11,550
Loaded



89 Olds 88 Royale \$6,278
Low, Low MI.



91 Merc. Tracer Wagon \$4,767
Auto, A/C



95 Ford Probe SE \$10,996
Loaded, Auto



95 Buick Riviera \$20,970
Supercharged, Leather, Moonroof

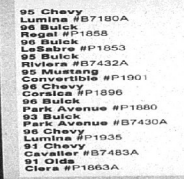


92 Chev. S-10 Blazer LT \$13,788
4Dr, 4WD, Low MI.

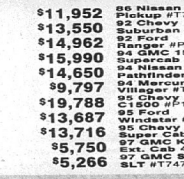


94 GMC Yukon SLE \$20,890
Loaded, Good MI.

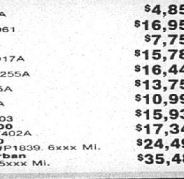
AND REMEMBER ON USED CARS, IF IT'S
NOT RIGHT, WE'LL MAKE IT RIGHT...FREE!



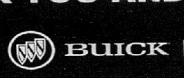
95 Chevy Lumina #B7180A \$11,952



95 Chevy Suburban #P1961 \$13,550



95 Chevy Suburban #P1961 \$13,550



95 Chevy Suburban #P1961 \$13,550



95 Chevy Suburban #P1961 \$13,550



95 Chevy Suburban #P1961 \$13,550

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BUICK GMC TRUCK **842-4200**
Limited Time Offer—Subject To Availability

mazda



1997 PROTEGE LX \$12,695

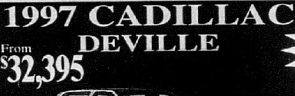


1997 626 \$15,979



1997 B2300 SE \$10,995

Cadillac



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97 CATERA \$28,995 or \$329/MTH

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97 CUTLASS SUPREME \$15,995



97 88 SEDAN \$19,995



97 SILHOUETTE \$19,995

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THREE VEHICLES CHECKED BY VINQUARD

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3 DAY MONEY BACK GUARANTEE

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95 DIERA PW, FL, Cruise, Air, 10 To Choose \$10,995
91 OLDS 88 V6, PW, FL, \$11,000
95 BERETTA V6, Auto, Air, Cruise \$10,995
95 OLDS 88 LS Fully Equipped \$13,995
98 COUGAR LS Sunroof, Auto, Air, PW \$4,995
96 CENTURY Auto, PW, FL \$11,595
91 SATURN SC V6, Auto, PW, FL \$6,995
93 TOYOTA TERCEL V6, Auto, PW \$5,995
93 FORD TEMPO GL, PW, FL \$13,995
94 OLDS LSS Cruise, PW, FL \$13,995
93 CARAVAN \$9,995

IMPORTS
94 MAZDA 323 \$6,795
93 MAZ2 DR \$10,595
95 MAZDA 626 \$10,485
95 MAZDA 626 \$10,485
94 NISSAN 240SX \$9,395
93 HYP VAN \$9,995
94 MAZDA 323 \$18,395
94 MAZDA 626 \$14,795
92 MAZ2 \$9,495
94 GEO PRISM \$9,495

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91 GMC JIMMY SLE 4X4 \$9,995
94 NISSAN CAB & XE \$9,995
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DEEPEST DISCOUNTS
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93 MAZDA 626 LX Auto, A/C, PW, FL \$10,485
95 AVALON XLS V6 Auto, PW, FL \$18,995
94 COROLLA DX Auto, A/C, Cruise \$9,395
95 GRAND AM Auto, A/C, Cruise \$9,695
95 GRAND GRAND AM SE Auto, A/C, Cruise \$9,695
94 LUMINA PW, FL, Cruise \$13,495
94 6400D SE Cab, 4x4, Loaded \$13,995

CADILLACS
96 STS \$38,995
95 DEVILLES \$38,995
97 CONCOURS \$25,995
95 SEVILLE SLS \$25,995

105 POINT INSPECTION

ONE HOUR FINANCING

3 DAY MONEY BACK GUARANTEE

12 MOS., 12,000 MILE CERTIFIED WARRANTY

*626: 24 month closed end lease, 12,000 miles per year, excluding taxes, \$1,500 down cash or trade, 12.42% due at signing, includes 1st payment, license, with approved credit. **B2300 SE: 36 month closed end lease, 12,000 miles per year, excluding taxes, total due at signing, \$2006.57, includes 1st pmt, license, \$1500 cash or trade, refundable security deposit, approved credit. ***CATERA: 36 month lease, \$2500 down cash or trade, 1st pmt, security deposit \$3351 due at signing, excludes sales tax. ****Requires new Cadillac Norstar purchase and monthly service charge with approved credit.


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Who is looking for an advertising manager to lead a sales staff to new heights? The Mississippi River Valley Association of Counties The Association is seeking a seven day week manager to work with a TMC and a circulation of 50,000. The position involves seven outside sales and two inside representatives. The position is in motivation.

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9

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 ★ ★ Pa
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 Must m



A side profile view of a silver Lexus SC430 convertible. The car is shown from the side, facing right. It has a sleek, aerodynamic design with a low roofline and large, multi-spoke alloy wheels. The car is parked on a light-colored surface.

 Sure, we're really excited about selling our cars in Japan, but we wouldn't forget you folks here at home. Before we made cars for abroad, though, we made sure we had plenty of cars for our customers here at home. We also made them with practically every combination of options. So if you're looking for a Saturn coupe with options like, say, anti-lock brakes, traction control, leather interior, spoiler, or a sunroof, chances are fairly good you'll find one at your local retailer. So stop by and check out our cars. They're pretty much just like the ones we're selling (\$13,825) in Japan, only we made these first for you.

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Manufacturer's Suggested Retail Price of the Saturn SC1 includes retailer preparation, transportation and air conditioning. Tax, license, other options and state-required equipment additional. ©1997 Saturn Corporation.

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have similar
results.
Call Brenda

South County Aries, active, handsome SWM, young 41. Looking for friendship, possible commitment, with attractive, nonsmoking SWF, with no dependents. ♀14081

Spirit-filled Woman, DWCW, 50s, loves the gold, sports, music, dancing, honest, seeking attractively, 47-58, nondrinker, friendship first, serious relationship later. ♀14078

SWM, 18, 6', 171 lbs., good sense of humor, enjoys making fun of himself, to party a lot. Seeking SWF. 18-22. ♀14136

SWM, 21, 6' 8 1/2", loves to dance, hike, have fun, seeking f. SWF. 18-27, with similar likes for friendship first. ♀14105

DWM, 25, 5'11", 205 lbs., ISO SWF. 18-27, petite or medium build.
SWF, 23, 5'7", green/brown, enjoys dining out, music, outdoors, traveling. ISO attractive, ambitious, independent Woman with the ability to take charge.
SWF, 35, 5'8", 170 lbs., loves outdoors, camping, fishing, looking for SWF, similar age, height, weight, hair color.
SWF, 40, no kids. Looking for SWF: 30-40, medium build, n/d, to have a good time. Hopefully a relationship.
SWF, 47, 5'8", 160 lbs., over-the-road truck driver, on a farm. Seeking BF: 26-34, kids ok, for friendship, possible relationship. #14106
SWF, 51", 180 lbs., 25, works nights. Seeks non-smoking woman for friendship, possibly a serious relationship. #14126
Tall Wm, 24, 230 lbs., likes movies, music and sports. Looking for friendship, possible relationship. #12943
Tired of losing the lottery/casino? DWM, non smoker, 40 yrs old, looking for a partner for SWF: 35-45. Winner takes all. Good luck.

Versatile, affectionate, caring, fun-loving person with a great sense of proportion, good humor/personality. Seeking tender Woman, 27-38, for relationship, possible marriage. **TLC** #1401

Very affectionate, down-to-earth SWM, 50, 5'11", nice-looking, nice build, seeks passionate woman, 30-40, for emotional evenings and companionship. **TLC** #1418

Very attractive SWM, 6'-ft, very creative, interesting. Seeking a good-looking, fit WF for fun and sex. **TLC** #1506

Very easygoing SWM, 50, 6'2", 130 lbs, like to mature, sincere Single Lady, who likes the outdoors. **TLC** #1410

Wanted: voluptuous, full-figured, shapely 40-45 year old W Woman needs to connect with professional 50s genuine guy for friendship, romantic evenings. **TLC** #1417

Singles Over 50

Aggravating, loving old Woman, 65, looking for a successful M Woman needs to connect

[illegible][illegible]

your castle. Must love to cuddle. #14115

Wish to meet SM who is passionate about BM preferred. Sense of humor, fun important. Attractive, educated, eclectic, physically fit blonde 3F. #14119

WVWF, 50s, seeking living, caring WM. 50s. Must have sense of humor, fun, respect for companionship, possible relationship. #14018

WVWF, 60+, nonsmoker. Looking for a woman who enjoys life for travelling companion, dm, dines. #15098

WVWF, 68, 5' 11", 125 lbs, seeking WM. 60s. Nonsmoker, for dining, movies and drive. #14015

WVWF, 50s, light drinker and smoker, w permanent relationship, will pamper. #14001

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